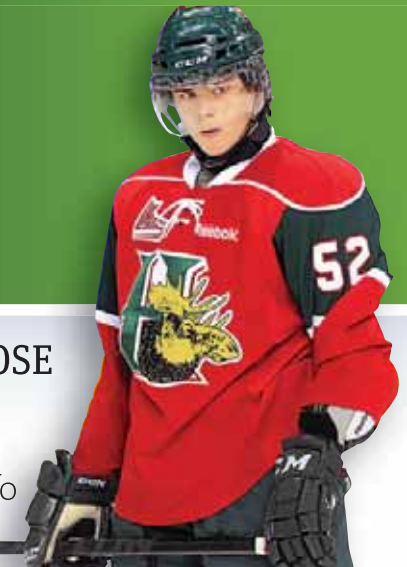


HALIFAX metro

NEWS
WORTH
SHARING.



Teachers, leave them kids alone (with iPads)

They don't need no paper-and-pen education: N.S. using Khan Academy for math **PAGE 6**

Men walk for the heel of it

Annual Walk a Mile in Her Shoes event in Halifax raises awareness about violence against women **PAGE 8**

It ain't easy being green – but will he try?

Obama weighs in on Keystone XL in climate-change speech **PAGE 10**

THE OTHER MOOSE HOPEFULS

WEEGAR, MURPHY LOOKING TO HAVE NHL DRAFT MOMENTS, TOO **PAGE 34**



SHOTS RATTLE FAMILY

A Halifax Regional Police officer collects evidence after shots were fired on Isleville Street on Tuesday morning. No one was injured in the brazen daytime shooting, though a mother and her two children were nearby. See story, page 3. JEFF HARPER/METRO

A route to call their own

Battle of the transits.

Council approves north-south bike corridor despite elimination of parking spaces

HRM will take another step toward greater environmental sustainability this fall with the introduction of the city's first crosstown bicycle connector route.

"We're talking constantly about a modal shift and moving people out of their cars, and this is providing a safer option for cyclists to make that a realistic option for their moving," said Coun. Jennifer Watts during the council discussion Tuesday.

Council asked for the route to be developed in response to a petition brought to city hall in November 2010.

Based on extensive analysis and public consultation, the north-south corridor will

Hit the road

"This is a great first step. So many residents will appreciate this and I think drivers will get used to it."

Coun. Linda Mosher

run along Windsor Street and then along a dedicated cycle track behind the former St. Patrick's High School to Quin-gate Place, and along Vernon and Seymour streets to the south end.

Dedicated bike lanes will be added to Windsor Street, eliminating 76 parking spaces.

Some councillors were concerned about the impact on a handful of businesses between Chebucto Road and Lawrence Street that have no access to off-street parking.

"Biking corridors are great, but small business is having a difficult time, we all know that," said Coun. Gloria McCluskey. "This troubles me. I think we're robbing Peter to pay Paul and I think it's unfair to the businesses."

Transportation demand-

management program supervisor David MacIsaac said city staffers are working with the businesses, and short-term parking will be added to nearby side streets to compensate for the spots removed from Windsor Street.

It's expected the new bike corridor will be one of three to eventually run from north to south.

Watts reminded councillors that increased active transportation infrastructure is part of a strategic plan council approved three years ago.

"These are not entirely easy decisions ... but it's about building the cycling infrastructure, and there will be trade offs," she said.

Councillors approved the staff recommendation unanimously. **RUTH DAVENPORT/METRO**

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Dartmouth

Police ID victim of fatal crash

Police have released the name of a man killed in a head-on collision on a busy Dartmouth street Monday afternoon. They say Wayne Webber, 71, was driving one of two vehicles involved in the crash on Main Street. The Dartmouth man sustained serious injuries and died later in hospital. The other driver, a 17-year-old boy, was treated in hospital for minor injuries and released. Police are asking people who witnessed the crash to come forward, including the driver of an older-model Chevrolet believed to be in the area at the time.

THE CANADIAN PRESS

Cape Breton

Inquiry into age discrimination can proceed: Judge

The Nova Scotia Human Rights Commission can hold a board of inquiry into the age discrimination complaints of four former Cape Breton Regional Municipality employees.

Nova Scotia Supreme Court Justice Cindy Bourgeois rejected the CBRM's application for a judicial review challenging the board of inquiry. In a decision released Tuesday, she ruled the human rights commission acted within the terms of the province's human rights act, and in a reasonable manner, when it decided to refer the complaints of the former employees, who were forced to retire at age 65, directly to a board of inquiry.

CAPE BRETON POST



A police officer monitors the scene near the Hydrostone Kwik-Way on Isleville Street after shots were fired near there on Tuesday. JEFF HARPER/METRO

North-end shooting 'very scary' for family

Investigation. Several shots fired, car seen with damaged window: Police



HALEY RYAN
haley.ryan@metronews.ca

Tatiana El-Rabahi was playing soccer in the backyard when she heard a large bang a few feet away, and thought a firework had gone off.

Her mom, Liliane, was in the convenience store across the street from their north-end Halifax home when she heard the sound and realized it was a gunshot.

She screamed at Tatiana to take cover and protect her little sister.

"We don't know what's going on for two seconds, but two seconds was like a year because you can't do anything," said Liliane El-Rabahi on Tuesday.

Luckily, Tatiana heard her mother and ran inside with her nine-year-old sister before locking the door.

"I just thought, 'Whoa, what's happening,'" Tatiana said.

Just after 11 a.m. Tuesday, police responded to a report of shots being fired in the 3200 block of Isleville Street, just around the corner from the Hydrostone.

A black car was seen leaving the area with a damaged

Quoted

"I can understand that people in the area would be shaken by this, so we really want to do all that we can to find out who was responsible."

Halifax Regional Police spokesperson Lauren Leal

window from gunfire, but no injured people have turned up at a hospital.

Officers were on scene a few hours later and had closed the area off to traffic as they picked up shell casings and other evidence.

"It's absolutely concerning given the area and the time of day," said Lauren Leal, spokesperson for Halifax Regional Police.

El-Rabahi said it was "very,

very scary" to hear the shots, but this is the first time something like this has happened in the six years they've been in the neighbourhood.

Leal said police are working to find out who the intended victim was, and whether the shots were fired at the car or from someone inside it.

The nearby St. Stephen's Elementary School was also put on lockdown for half an hour as a precaution, Leal said.

1 NEWS

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Great expectations. City council scrutinizes consultant's growth report

Halifax regional councillors have questioned some of the eyebrow-raising figures contained in a report on the cost of failing to achieve growth targets in HRM over the next 25 years.

The targets set out under the 2006 Regional Plan call for 25 per cent of new growth to occur in the urban core, 50 per cent in suburban areas and 25 per cent in rural by 2031.

A report from Stantec Consulting suggests reaching these targets would result in savings of \$670 million; boosting growth in the urban core to 50 per cent would save \$3 billion.

However, Coun. Matt Whitman pointed out Tuesday the savings wouldn't directly benefit the municipality.

"They get to \$3 billion dollars by talking about added users' travel time, travel dis-

Real savings?

\$670M

The costs savings expected from economic targets in the 2006 Regional Plan.

tance, (greenhouse gas) emissions ... a lot of things that aren't costs to the taxpayers, but to the residents."

Austin French, HRM's planning services manager, agreed only a fraction of the staggering figures would directly benefit HRM.

"The figure that would actually apply to the taxpayer would be less than 20 per cent of that (\$3 billion)," he said. "In the case of the \$670 million overall societal cost, the savings ... would be in the order of 10 per cent."

RUTH DAVENPORT/METRO

Escape the heat. HRM beaches to open for the summer on Canada Day

Beaches in HRM will officially open for the summer on Monday and there will be lifeguards at most beach sites each day from 11 a.m. to 5 p.m.

There will also be lifeguards daily at the Halifax Common outdoor pool during the same times.

For a list of HRM beaches and pools, visit halifax.ca/rec/beaches.

The province will also begin staffing its beaches with lifeguards starting on Canada Day.

Lifeguards will be on duty at about two dozen beaches around the province daily from 10 a.m. to 6 p.m. **METRO**



Beach lifeguards will officially be on duty Monday. **METRO FILE**

Some jobs affected

HRM to outsource SAP financial operations to IBM

Halifax regional councillors have approved a staff recommendation to outsource its financial management software operations to IBM.

Chief information officer Donna Davis told council the 10-year deal to manage SAP operations would cost a total of \$11.4 million, with a three-year

renewal option.

The deal will affect some HRM jobs, but Davis couldn't go into details, as personnel matters are normally dealt with in camera.

"There are individuals that will be retained within the organization ... and there were opportunities for employment outside HRM, as well as retirement," she said.

IBM reached a ten-year deal to manage SAP operations for the province late last year.

RUTH DAVENPORT/METRO



A photo of Rehtaeh Parsons is held up during a vigil for the 17-year-old Cole Harbour teen in April. **ANDREW VAUGHAN/THE CANADIAN PRESS FILE**

Parsons-linked hospital going under microscope

Mental health care.
Father claims IWK
Health Centre didn't
provide adequate care,
rushed teen's release

The Nova Scotia government has appointed an independent expert to review mental health programs and policies at the IWK Health Centre after an earlier report into the Rehtaeh Parsons case raised serious concerns about the hospital.

The government says child and adolescent psychiatrist Jana Davidson will also examine procedures within the Capital Health district

and make recommendations to address gaps in treatment and counselling services for young people who are suicidal.

It says the study will focus on youth who've experienced sexual assault and bullying and will consider treatment for patients who don't require hospitalization.

Earlier this month, another report commissioned by the province into the Halifax school board's handling of the Parsons case called for an independent review of the IWK.

The report said Parsons was admitted to the hospital in March 2012, about five months after she was allegedly sexually assaulted

Incomplete review?

Jana Davidson, who is the psychiatrist-in-chief of children's programs at the Children's and Women's Health Centre of British Columbia, said she will not read the specifics of what happened in the Parsons case or interview people who treated her.

and became suicidal. Her family alleges she was sexually assaulted by four boys and a digital photograph of the incident was passed around her school.

The 17-year-old girl hanged herself in April and was taken off life support

three days later.

Glenn Canning, Parsons' father, said he would like the study to directly address his daughter's care in the hospital for about five weeks because he doesn't believe she received the help she needed.

He said there should have been a stronger focus on her depression and the trauma from the alleged assault, and he believes the hospital was too eager to discharge his daughter.

"Their plan was to get her released. Two days after she was in there that's all they wanted to talk about," he said.

"It just seemed to be a ... revolving door ..."

THE CANADIAN PRESS

20-30 people involved in bar brawl: RCMP

This was one dust-up that got way out of hand.

RCMP in Pictou County say three people are facing charges after a brawl outside a local Pictou bar on Sunday morning involved between 20 and 30 people.

Police say when they arrived on scene around 2 a.m., a 21-year-old man

was found unconscious on the ground.

He was taken to hospital by paramedics with non-life-threatening injuries and later released.

"It was a full-fledged brawl when we arrived on scene," said Sgt. Kevin Dunlevy of Pictou County RCMP.

"There were a lot of

Cause unknown

Police don't know what started the brawl, but they're expecting to lay more charges.

intoxicated people there (fighting)."

Three men from Pictou County are facing charges in relation to the brawl.

The charges include assault causing bodily harm, assaulting a police officer, escaping lawful custody, obstruction of justice, possession of a weapon and breaching court orders.

PHILIP CROUCHER/METRO



Pockwock Water Transmission Main Upgrade

Beginning the evening of Friday, July 5th, Halifax Water will be performing a scheduled shutdown to a section of the Pockwock water transmission main on Kearney Lake Road to allow for the renewal of 1.7km of 1200mm. diameter pipe at a cost of \$11 million. The Pockwock water supply serves customers in Halifax, Bedford, Sackville, Fall River, Waverley, and Timberlea, though not all customers will be affected by this work.

In order to facilitate this work, flow from the Pockwock water transmission main will be shut down for approximately 24 hours, beginning the evening of Friday, July 5th with customers supplied by a system of reservoirs, flows from Dartmouth via the MacDonald Bridge water line, and possibly the Chain Lake back-up water supply. Due to flow reversal in the distribution system, discoloured water may be experienced in some areas of Halifax and Dartmouth.

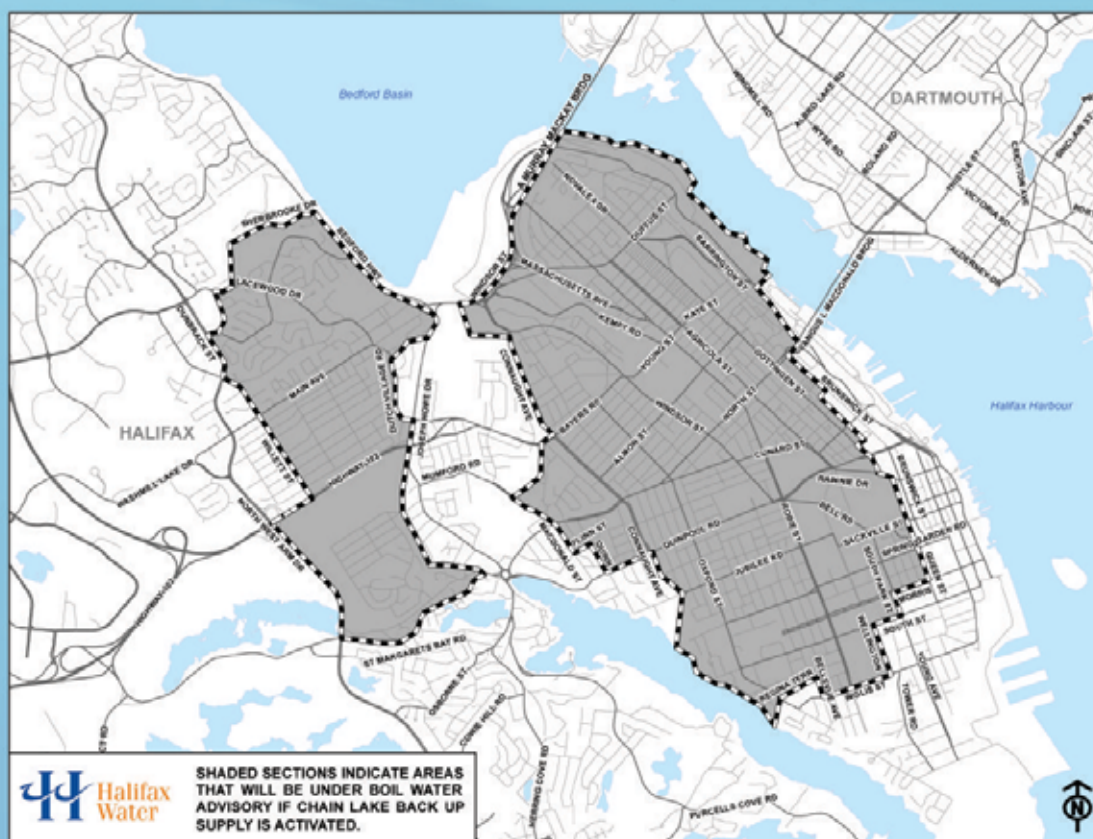
If the Chain Lake back-up water supply is activated, a boil water advisory will be issued for affected customers.

Should a boil water advisory be issued, some customers on the Halifax side of the harbour (see attached map) will be required to boil their water as a precautionary measure. **Only customers within the defined area on the map will be required to boil their water.**

All Halifax Water customers are asked to reduce water usage (i.e. lawn/garden watering, car washing, pool filling, washing of laundry etc.) on July 5th, 6th, and 7th while this phase of the project is undertaken as this will reduce the need to activate the Chain Lake supply and the resulting boil water advisory.

Detailed instructions on water usage during a boil water advisory, project details, and frequently asked questions are available at www.halifaxwater.ca, www.halifax.ca, Twitter at @HalifaxWater, by calling Halifax Water's Customer Service Centre at 490-4820, or offices of Nova Scotia Environment.

We apologize for any inconvenience as a result of this necessary work to upgrade water system infrastructure for the long term benefit of our customers.



No more paper, no more books

Pilot project.
Math students
going high-tech with
tablet computers



**HALEY
RYAN**
haley.ryan@metronews.ca

Next year, more than 300 junior-high-school kids in Nova Scotia are ditching pencil and paper for their math homework.

On Tuesday, the province announced that each child in four Grade 7 classrooms will get their own tablet computer for a "mathematics engagement pilot project" that will mean they can watch educational videos and lessons at home or in school.

Innumerable opportunities

"If your kids get good in math, the sky's the limit."

Jim Spatz, CEO, Southwest Properties Ltd.

"We need to make sure our children are getting every opportunity when they are in school," Education Minister Ramona Jennex said at Oxford School in Halifax.

"The teacher's ... computer has a dashboard and will know what each child is doing and where they are in their math at all times," she said.

Teachers will be able to see which students need extra help or enrichment in different areas, she said.

The program will cost just over \$1 million, which covers the tablets, such as iPads or Notebook computers, and IT training for instructors.

Jennex said the cost will be split 50-50 between the province and local businessmen Jim Spatz and John Risley.

Spatz said he heard about Khan Academy, the free online-learning service the students will use in the project, after a course at Harvard last winter.

"Education is the job of our tax money, but whose job is it to make sure that our system is as good as it can be? I think it's all our jobs,"



Oxford School Grade 7 math and science teacher Tina Broderick works with students Jacob Beaton and Olivia Singer as they test out a new math engagement pilot project on Tuesday. Two local businessmen are splitting the \$1 million cost of the project with the province. JEFF HARPER/METRO

said Spatz, CEO of Southwest Properties Ltd.

Jennex said if a child

doesn't have Internet at home, the teacher will upload a math lesson or video to

their tablet and they can still use it after school.

If the project works well,

Jennex said the ministry may look at rolling it out across all Nova Scotia school boards.

Paramedics draw attention to contract dispute



Paramedics march in front of the Nova Scotia legislature in Halifax on Tuesday to raise awareness of their contract dispute with Emergency Medical Care Inc. The workers say they are among the lowest paid in Canada in their field. ANDREW VAUGHAN/THE CANADIAN PRESS

About two dozen paramedics held an information picket in front of the Nova Scotia legislature on Tuesday, demanding better pay after turning down a recent contract offer that included a defined-benefits pension plan.

Advanced care paramedic Dave Matheson said paramedics in other provinces, such as Ontario, receive wages and benefits comparable to those of police officers and firefighters.

"Here in Nova Scotia, we're about 30 to 40 per cent behind them," said Matheson, who took part in the information

Still time to work it out

The union and Emergency Medical Care have agreed there won't be a legal strike or lockout before July 5.

picket in Halifax. "Nova Scotia paramedics are amongst the highest trained ... in all of Canada, and yet are amongst the lowest compensated.

"We're constantly playing a game of catch-up."

The paramedics wore red T-shirts and carried signs bearing their union logo as

they walked down Barrington Street to the legislature. A few paramedics in ambulances stopped by to show their support, honking their horns as they passed the legislature.

Local 727 of the International Union of Operating Engineers voted 73 per cent last week against a deal with their employer, Emergency Medical Care Inc. It was reached with the help of a mediator.

The vote results marked the second time the paramedics rejected a deal recommended by their union, despite the fact the latest deal

contained one of their key demands: A defined-benefits pension plan. A third contract offer was also turned down.

A defined-benefits plan requires an employer to meet set retirement payments based on a formula that factors in an employee's years of service and earnings, as opposed to a less lucrative defined contribution plan.

Matheson said he believes union officials have the best interests of the province's 800 paramedics at heart at the negotiating table, but it's clear most paramedics want more.

THE CANADIAN PRESS

Fatal collision

Police ID teen killed in crash

RCMP have released the name of a teenage boy killed in a car crash last Friday night in Richmond County. Allan Lafford, a 17-year-old from Chapel Island, was rushed to the QEII hospital in Halifax via LifeFlight, but died on Monday. The investigation into the collision is ongoing. CAPE BRETON POST

Mark your calendars

Free ferry trips on Canada Day

The Alderney Ferry will be free all day long this Canada Day.

With thousands of people expected to descend on downtown Halifax and Dartmouth for various events, the ferry will be operating on a load-and-go basis beginning at 7:30 a.m. on July 1.

The back-and-forth trips

continue all day and night, with the final crossing expected to leave Halifax at 1:45 a.m.

The Woodside ferry isn't operating Monday.

In lieu of the free fare, Metro Transit is asking passengers to bring a non-perishable food item or cash donation to help support Feed Nova Scotia.

Metro Transit buses will be running on the regular holiday schedule.

METRO



Officials ask that you bring a food or cash donation for Food Nova Scotia when you ride the Alderney ferry on Canada Day. THE CANADIAN PRESS

Cole Harbour

Vehicles, home shot by pellets

Police say a high-powered BB or pellet gun was used in two instances of property damage in Cole Harbour. A car was shot by pellets on Monday evening on Greenwich Drive, and then on Tuesday morning, police were called to a home on Hillsboro Drive after someone shot pellets at the door and windows. METRO

School incident

Teen admits to knife assault

A 17-year-old charged with three weapons offences following an incident at a high school in Port Hawkesbury has pleaded guilty to one of the charges. Police say officials at the school told an officer on foot patrol about an incident with a knife in February. The teen pleaded guilty to assault with a weapon. THE CANADIAN PRESS



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Men get pumped up for YWCA

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HALEY RYAN

haley.ryan@metronews.ca

Firefighter Jack McDonald has learned from his mistakes, and will never wear ankle socks with high-heels again.

McDonald joined more than 100 men in colourful heels at Scotia Square Mall on Tuesday for the sixth-annual Walk a Mile in Her Shoes

event to raise awareness of violence against women.

"Last year I ended up on the cover of Metro and I had ankle socks, white ones, and then my aunt was like, 'Jack, hasn't anyone ever told you it's a faux pas to wear pumps with ankle socks?'" McDonald laughed.

"This year I had to go and get a fancier pair of socks," he added, rolling up his pants to show blue, sporty knee-socks.

Around 12:30 p.m., the dozens of men, including HRM councillors and Mayor Mike Savage, made their way around the mall and through the busy food court to cheers and laughter before heading up Duke Street.

Halifax firefighter Tom

Hurting heels

"I've had them on for five minutes and my feet are hurting already."

Kevin Slaunwhite, Firefighter

Arsenault, whose team raised \$3,000 this year, said he feels "awesome" when he walks in heels but admitted it does hurt the toes.

"I feel privileged to be able to do this, to help others," said Arsenault.

He said the firefighters got a lot of compliments on their calves from other guys walking down Spring Garden Road

during a fundraiser Monday.

"I think you might see a few more men walking around the street with high heels on. We could start something," Arsenault joked.

While the event is light-hearted, YWCA executive director Tanis Crosby said the funds raised through the event make an impact.

"For every \$500 we raise, we can help one woman leave violence, and for about \$125 we can support violence-prevention programs for young women," Crosby said.

"It's about engaging men in our cause, and it's about demonstrating that being a strong man is about being respectful and working towards equality."



Sarah Ernest helps Mayor Mike Savage get fitted with high heel shoes on Tuesday. JEFF HARPER/METRO



Participants in the Walk a Mile in Her Shoes charity walk traverse the Scotia Square Mall in high heeled shoes on Tuesday. The annual event seeks to raise money and awareness of violence against women. JEFF HARPER/METRO

Police. 16 Move Over Law tickets issued in blitz

Sixteen tickets were issued to motorists Monday during an enforcement initiative regarding the Move Over Law.

The RCMP conducted the initiative on Highway 104 and issued tickets to motorists for failing to move over when approaching emergency personnel. The legislation has been in place since May 1, 2010, however many motorists still aren't slowing down or mov-

By the numbers

\$340

The fine of a first offence in the Move Over Law.

ing over when approaching emergency personnel on the side of the road, police say.

TRURO DAILY NEWS

Maritime matters. Fishermen end their tumultuous season with lobster prices still on the decline

A contentious lobster season will wrap up Saturday when local fishermen haul in their traps for another year.

Ronnie Heighton, president of the Northumberland Fishermen's Association, said Monday the season will end on a low note with local lobster fishermen only receiving \$3 and \$3.25 a pound for their catches. He said the price dropped again last week

despite fishermen's efforts at the first to draw attention to the low prices they were receiving for their lobster.

"I guess they have come to face the facts that there is not much we can do at this time," he said. "We hope to put this behind us and move on to a better year next year."

Fishermen in the three Maritime Provinces tied up their boats at the first of the

Quoted

"We hope to put this behind us and move on."

Ronnie Heighton, President of the Northumberland Fishermen's Association

season in protest over low lobster prices. Numerous public meetings were held for a week as fishermen banded

together in hopes of getting buyers to increase their prices for their catch. Local fishermen were receiving \$3.75 for cannery and \$4 for market-sized lobsters before the protest began.

In the end, the fishermen voted to return to the water in hopes that the provincial government would step in and fight for them.

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The Power to Surprise

U.S. Snowden's flights set back efforts to strengthen ties with Russia, China

The White House pressed Russia Tuesday to extradite NSA leaker Edward Snowden to face espionage charges, despite Moscow's blunt rejection in a diplomatic faceoff threatening recent attempts by the two country's presidents to strengthen their ties.

Snowden's evasion of U.S. authorities already has set back President Barack Obama's attempts to cultivate relations with China. Relations with both countries

'Fugitive from justice'

During a stop in Saudi Arabia, Secretary of State John Kerry said that while it's true the U.S. does not have an extradition treaty with Russia, "we would hope that Russia would not side with someone who is a fugitive from justice."

have been at the forefront of Obama's foreign policy agenda this month. Obama met just last week with Russian President Vladimir Putin and held a two-day summit with Chinese President Xi Jinping in California this month.

Putin said that because there is no extradition agreement with the U.S., it couldn't meet the U.S. request for extradition. "Mr. Snowden is a free man, and the sooner he chooses his final destination the better it is for us and for him," Putin said.

THE ASSOCIATED PRESS



Russian President Vladimir Putin
KIMMO MANTYLA/GETTY IMAGES

Obama: Keystone must be in his 'nation's interest'



U.S. President Barack Obama removes his jacket before speaking about climate change Tuesday, at Georgetown University in Washington. Obama is resorting to his executive powers to tackle climate change and sidestep the partisan gridlock in Congress. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Debate heats up. U.S. president says pipeline should only be approved if it doesn't increase greenhouse emissions

American authorities should only approve TransCanada's Keystone XL pipeline if they're certain it won't "significantly exacerbate" greenhouse gas emissions, U.S. President Barack Obama said Tuesday as he unveiled a national plan to

Quoted

"This pipeline has been the most studied pipeline in the history of the world."

Joe Oliver, Canada's natural resources minister, citing a report saying that the U.S. already has evidence the Keystone pipeline won't have an impact on emissions levels.

combat climate change.

In a highly anticipated speech on his climate objectives, Obama weighed in on Keystone despite reports he would steer clear of the controversial project because it's in the midst of a State Department review.

"Allowing the Keystone pipeline to be built requires a finding that doing so would be in our nation's interest," he said. "And our national interest will be served only if this project does not significantly exacerbate the problem of carbon pollution."

The president's comments came as he provided details of new climate-change regulations that will cut carbon emissions at power plants and require federal projects to better prepare for extreme weather.

He'll use his executive authority to implement most of the proposals, bypassing congressional lawmakers reluctant to move on climate change. THE ASSOCIATED PRESS

Getting Dropped Off at the Airport?



Construction is underway along the drop-off curb at Halifax Stanfield. Airport operations will continue, with safe access to the terminal building.

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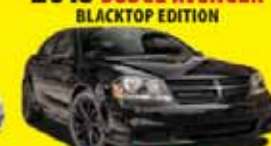
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Zookeepers go on safari

Calgary flooding. Staff risk their lives to corral dangerous animals in hazardous conditions

Swimming with high-powered rifles, corralling giraffes with picnic tables and coaxing dangerous cats are some of the challenges the Calgary Zoo has had to face in the aftermath of massive flooding.

One of the more spectacular tales involves the hippos.

According to Jake Veasey, director of animal-care conservation and research, there was a real danger of the hippos escaping, possibly even into the nearby Bow River.

Once the water in the hippo enclosure flooded over, the animals swam out into the public area of the African Savannah building.

Veasey and other zoo staff risked their lives several times to ensure the safety of the animals and the public.

At one point, they man-



Six-year-old hippo Lobi explores the African Savannah building on Sunday at the Calgary Zoo. CONTRIBUTED/CALGARY ZOO

aged to rope in a shipping container that was floating down the river to barricade the animals in.

And when one of the hippos got stuck in a holding area, staff were forced to cre-

ate a walkway of sandbags for the belligerent beast.

Checking in on them was not an easy task, either, as staff had to wield rifles and swim into the building, not knowing where the hippos

were at any given moment.

"If we started to see buckets and bins move in a way that didn't make sense, that would alert us," Veasey said.

"There is so much debris that if a hippo submerges, you

can't see them."

The zoo announced the loss of some peacocks and fish, but said there's still a danger more animals may not make it in the coming days.

CANDICE WARD/FOR METRO IN CALGARY

High River, Alta.

Those who stayed fuel frustration

Kelly Dennis makes no apologies for disobeying a mandatory evacuation order and remaining in her High River, Alta., home while most residents were forced out to high ground.

"We saved it," she said on Tuesday. "We had a generator pumping."

Most of the town's residents left when asked last week, and they now want back in. About 300 stayed, and police have so far opted not to force them out.

Those who stayed are making it worse, said Dave Galea of the Alberta Emergency Management Agency.

Police said eight people have had to be rescued so far. **THE CANADIAN PRESS**

Nunavut

Tourists stranded on huge ice floe

A group of tourists on an ice floe off Baffin Island in Nunavut were expected to be stranded there until early Wednesday.

They were set adrift when a 50-km-long slab broke away from the shore.

RCMP spokeswoman Cpl. Yvonne Niego said a group of hunters who were also trapped managed to cross over onto land after the chunk of ice split and their end floated close to shore. **THE CANADIAN PRESS**

Montreal

New new mayor certain he won't get raided by cops

Montreal's new interim mayor is making what passes for a bold prediction these days for a politician in the city: He's confident his offices won't be targeted in any police raids.

Laurent Blanchard was crowned Tuesday, making him the city's third mayor in less than a year.

He will only hold the job until a November election. **THE CANADIAN PRESS**

Mauritania. Amnesty believes Canadian has been tortured in prison

Amnesty International says it supports the claims of a Canadian who alleges he has been tortured while behind bars in the North African country of Mauritania.

Alex Neve, head of Amnesty's Canadian branch, said he believes 24-year-old Aaron Yoon, who has been in prison since 2011 on terror charges.

Neve said that Yoon also told Canadian government officials who visited him that he had been tortured, so he wants to hear what they are doing about his case. Yoon denies all the charges against him.

"I would say that his torture allegations were vivid and detailed," Neve told The Canadian Press on Tuesday.

"They're certainly credible and completely consistent with the wider pattern that we've known to be the case for quite some time in Mauritania."

Yoon is accused by prosecutors of having links to the terrorists who attacked an Algerian gas plant in January. The terrorists included two Canadians from London, Ont., who were found dead at the plant. Yoon and the two

men went to the same high school.

He told Neve that he signed a bogus confession after a second round of torture.

"The first time was just a free-for-all of beatings," said Neve, describing how Yoon said he was beaten for about an hour before passing out.

Confession

"He was prepared to sign anything. And he did."

Alex Neve, head of Amnesty International's Canadian branch

On the second occasion, Yoon's hands and feet were handcuffed behind his back and tied to each other and then tightened, said Neve. Defenceless and lying stomach-down in a bow shape, Yoon was beaten for about 20 minutes, he said.

"That's what broke him," said Neve.

Yoon was sentenced to two years in prison last July.

Mauritanian prosecutors want to increase his sentence to 10 years. **THE CANADIAN PRESS**

SHAPE YOUR CITY You're Invited!

St. Patrick's Alexandra Site - Information and Community Engagement

WHAT: This public consultation will provide the local community with the opportunity to discuss and comment on future options for the St. Patrick's Alexandra site. Think about your vision for the site's future and come ready to provide input.



WHEN: Wednesday, June 26, 6:30 pm

WHERE: Halifax North Memorial Public Library, 2285 Gottingen St., Halifax

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Austen may survive Darwin on £10 note

New bill. Former Bank of Canada governor Mark Carney, who takes over Bank of England on Monday, will have final say

Pride and Prejudice novelist Jane Austen could replace

Charles Darwin as the face on Britain's 10-pound note.

The outgoing governor of the Bank of England, Mervyn King, made the suggestion Tuesday, after the bank drew complaints that women are ignored when it comes to choosing historical figures on British banknotes.

The bank recently confirmed it will replace 19th-century social reformer Eliza-

Quoted

"Jane Austen is quietly waiting in the wings."

Outgoing governor of the Bank of England, Mervyn King.

beth Fry with wartime Prime Minister Winston Churchill on the five-pound note, prompting protests that no woman except Queen Eliza-

beth II would be represented on Bank of England bills.

Almost 30,000 people have signed an online petition on the issue, and a group of 46 lawmakers wrote to the bank last week to ask it to reconsider the predicted decision.

The bank has said the Churchill note replacing Fry isn't expected to be issued until 2016.

THE ASSOCIATED PRESS



The concept design for Britain's new five-pound note, with a picture of former British prime minister Winston Churchill. THE ASSOCIATED PRESS FILE

Chile. Students who took over schools risk eviction by force, president says

Protesting Chilean students who have seized control of dozens of high schools risk being evicted soon, President Sebastian Pinera said Tuesday.

The schools will be used as voting sites during the primary presidential election on June 30. Pinera said that students must leave or risk being removed by force to protect the rights of Chilean voters.

"We're not going to allow a small minority to break the law and take away the democratic right of 13 million Chileans to vote in the primary elections this Sunday," Pinera said in a televised address.

Students took over the schools to demand education reform two weeks ago. Government officials and presidential candidates have been urging them to end the protests fearing clashes ahead of the primaries.

Changes

The changes sought by students would overhaul a school system that has been privatized since the 1973-90 dictatorship of Gen. Augusto Pinochet.

- Two years after the first mass protests for change, students say the system still fails them with poor quality public schools, expensive private universities and education loans at rates that most can't afford.

Pinera's approval ratings have plunged with the student protests, making him the most unpopular Chilean leader since Pinochet.

THE ASSOCIATED PRESS

Schwarzenegger

He's back, with a green initiative in Algeria

Arnold Schwarzenegger is opening an office in Algeria of his environmental initiative R20 in a bid to help reduce green-



Schwarzenegger

house gas emissions there and throughout the Mediterranean. The former California governor and film star, referring to his movie Terminator, said that "in real life, it's equally important that I play the Terminator and end environmental problems." THE ASSOCIATED PRESS

Mark Weinberger

\$55M settlement puts doctor's nose out of joint

A judge has approved a \$55 million US settlement for 282 former patients of an Indiana nose doctor who accused him of performing unnecessary or fake surgeries.

Mark Weinberger, who billed himself as "the Nose Doc," was sentenced to seven years in prison after he pleaded guilty to health care fraud.

Weinberger disappeared for five years while on a family vacation in Europe.

Authorities arrested him five years later on a snowy Italian mountain-side, where he was living in a tent.

THE ASSOCIATED PRESS



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Chinese workers say captive boss hasn't paid them

Chinese workers keeping an American executive confined to his Beijing medical-supply factory said Tuesday that they had not been paid in two months in a compensation dispute that highlights tensions in China's labour market. The executive, Chip Starnes of Specialty Medical Supplies, seen here Tuesday behind the bars of his office window, denied the workers' allegations of two months of unpaid wages, as he endured a fifth day of captivity at the plant.

MARK RALSTON/AFP/GETTY IMAGES

Adidas strikes deal to supply Olympic team

Four-year partnership. Agreement with COC covers high-performance clothing and footwear

The Canadian Olympic Committee and Adidas Canada announced a four-year partnership agreement Tuesday that will make the sporting-goods company the official high-performance apparel and footwear supplier for the national Olympic team.

The collection will include compression and workout gear, various outdoor training layers for outdoor training, and long- and short-sleeve performance T-shirts, along with footwear and accessories.

Adidas Canada plans to launch the collection at Sport Chek stores around the country



Canadian winter Olympian Meaghan Mikkelsen speaks at an event in Toronto on Tuesday announcing the sponsorship of the team by Adidas. FRANK GUINN/THE CANADIAN PRESS

on Nov. 7. Canadian Tire and Sports Experts will carry select items starting Nov. 30.

Sport Chek and Adidas Canada also announced their sponsorship of seven Canadian Olympic hopefuls who will be

involved in grassroots events around the country encouraging participation in sport.

The campaign, called What It Takes, will feature freestyle skier Chris Del Bosco, alpine skier Erik Guay, short-track

speedskater Charles Hamelin, bobsledder Kaillie Humphries, women's hockey player Meaghan Mikkelsen, skeleton racer Jon Montgomery and snowboarder Maelle Ricker.

THE CANADIAN PRESS

Market Minute



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(-0.21¢)



TSX
12,005.42 (+168.56)



OIL
\$95.32 US (+14¢)



GOLD
\$1,275.10 US (-\$2)

Natural gas: \$3.66 US (-8¢)
Dow Jones: 14,760.31 (+100.75)

Beer

Molson revives I AM Canadian promotion

After a decade-long absence, Molson is reviving its I AM Canadian tagline. The popular campaign is best recalled for The Rant, an ad which featured an everyman character crowing proudly about an identity that didn't involve living in an igloo, eating blubber or owning a dogsled. The Rant, however, won't be revived. Instead, the campaign is rolling out with \$1 million in promotional merchandise. **TORSTAR NEWS SERVICE**

Retail. Indigo wants stores outside Canada in two years

Indigo Books & Music Inc. is looking to expand outside Canada in the hope that opening new stores elsewhere could help deliver stronger results across its broadening range of products.

Chief executive Heather Reisman said Tuesday that the firm plans to launch brick-and-mortar

stores outside of the country in about two years, though she declined to say which markets the retailer is considering.

The bookseller has been trying to boost its profitability by stocking more high-margin products, such as gifts, toys and lifestyle items, in effort to adapt to shifting consumer trends

THE CANADIAN PRESS

Indigo has been trying to boost profitability with gifts and lifestyle items — like this "Hello" mug.

INDIGO.CA



Television. Diddy to launch Revolt TV network this year

Diddy had been working on developing a TV network for years. When he was almost shut out of performing on ABC's Dancing With the Stars around the release of a 2010 album, the rapper-producer felt he needed to launch the network sooner rather than later.

He believed there weren't enough outlets for musicians on TV, and that moment drove home the point. He's launching Revolt TV in the fall.

"There should be a brand for music, and now we have that brand that's going to focus on music and not reality shows," he said. "Once some



Sean "Diddy" Combs
THE ASSOCIATED PRESS FILE

of the other channels stopped having focus on music and focused more on reality ... it left a gaping hole for artists and fans of not having a place to go."

THE ASSOCIATED PRESS

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Summer's here and life's a beach.

If you haven't been working out all winter, it's too late. You'll have to fake it.

Turning that spare tire into a six-pack will take the whole summer and you'll be ready for your beach close-up just in time to head back to school, fool.

There are a number of things you can do, like suck your stomach in as you stroll, all nonchalant, along the shore. If anyone asks why your face is so red, just tell them you burn easily from the neck up. Like all those other red-faced shore stalkers going by.

Then there's the briefest-possible-moment-of-exposure tactic. Just drag your beach blanket and mummy kit as close to the water as you can without being swamped, then disrobe quickly, flashing your bi- or mono-kini, and then immerse yourself up to your



JUST SAYIN'
Paul Sullivan
metronews.ca

neck as quickly as possible.

To get out of the water successfully, repeat in reverse. Do not, like Daniel Craig, emerge from the surf in glorious 3D slow motion. You'll scare the little kids on the beach.

Make sure to do whatever you can to avoid the inverse beach fitness rule. That is: The less fit you are, the more flesh you expose. Don't be that guy with the beach ball for a belly and the speedo. If that bikini didn't look quite right in that artfully lit Swimco mirror, how do you think it's going to look out here, in the stark light of day?

I don't want to cramp your style, but you don't have any, especially when your body is a gallery of all your deepest thoughts written in flesh. Tattoos, even Angelina Jolie's — especially Angelina Jolie's — don't make it better. You look like human graffiti.

There are some people, of course, who look fantastic on the beach, all fresh and tousled and tanned. They're called children. They don't count.

The rest of us? We can stroll, but we can't hide. We can merely deflect. For men, I recommend the Hawaiian shirt. If you get a red one with parrots on it, you'll kind of remind people of Tom Selleck. That is, you won't look anything like Tom Selleck, but you'll remind people that he wore Hawaiian shirts. If you're a woman, I recommend wearing a hat, preferably one with a great big brim. It protects you from the sun and hides your face.

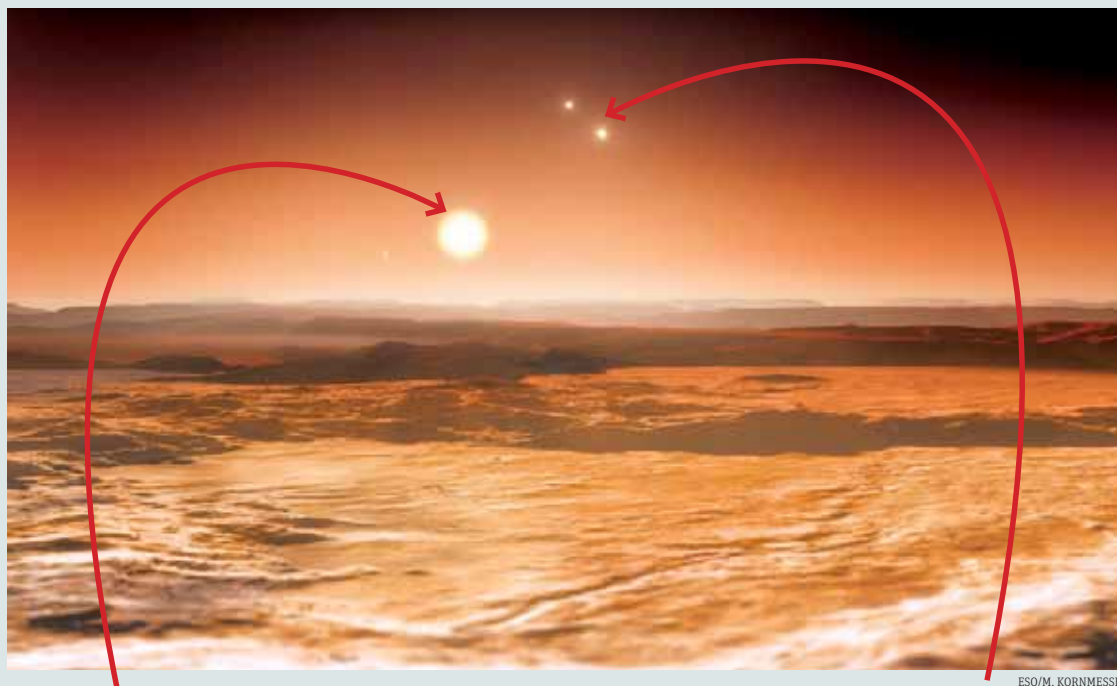
If you insist on violating the inverse beach fitness rule, it's the least you can do.

OK, if we pull together, we'll be able to hang out on the beach together, as thick as seagulls waiting for that kid to spill his fries.

And then, come September, we'll pack up the car and head straight for the gym. Right.

ZOOM

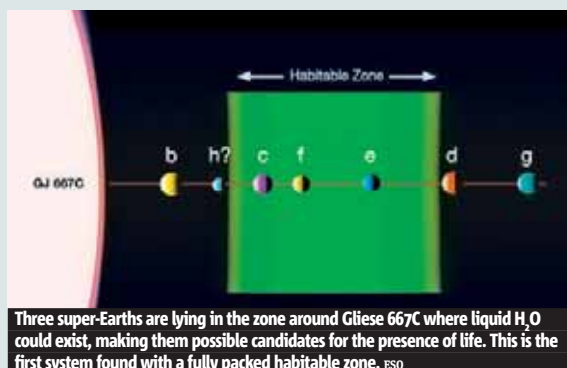
Goldilocks' house getting crowded



ESO/M. KORNMESSER

Star with record 3 habitable planets

Near the star Gliese 667C, scientists have discovered a treasure trove of at least six planets — with a record-breaking three super-Earths in the habitable or “Goldilocks” zone around the star. This artist's impression shows the view from exoplanet Gliese 667Cd looking toward the planet's parent star (Gliese 667C). **METRO**



Three super-Earths are lying in the zone around Gliese 667C where liquid H₂O could exist, making them possible candidates for the presence of life. This is the first system found with a fully packed habitable zone. **ESO**

Distance from Earth

22

light years is the distance of Gliese 667 from our planet. Gliese 667C is classified as a low-luminosity “M-dwarf” star just over one-third the mass of our sun.

In the background to the right the more distant stars in this triple system (Gliese 667A and Gliese 667B) are visible, and to the left in the sky one of the other planets, the newly discovered Gliese 667Ce, can be seen as a crescent.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Tumblr can be a bit of a minefield for preciousness, but there's plenty of humour and wisdom hiding behind the re-purposed inspirational quotes and GPOYs. Here's a trio of blogs fitting that bill.

I Love Charts:

A steady supply of slickly packaged data that's the perfect mixture of DIY chuckles and genuinely useful information. Take a quick glance, load up on fun facts and impress your friends at parties. (ilovecharts.tumblr.com)

Dear Coquette:

A foul-mouthed advice column with a particular penchant for soothing readers crushed by the early disappoint-



ments of adulthood. Similar blogs are a haven of hollow snark, but Coquette keeps things pithy and poignant. (dearcoquette.com)

Exploding Actresses:

This one is fairly new so the threat of drying up hangs over it, but there's already a nicely varied selection of famous movie scenes re-cut to end in cartoonish tragedy. (explodingactresses.tumblr.com)

Twitter

@metropicks asked: Should the Calgary Stampede have been cancelled? Or could the money be spent elsewhere?

@RosalinKrieger: Should the Calgary Stampede have been cancelled? It should be ABOLISHED!

@zephyrus47: 340 million in economic spinoffs from the stampede. Of course it should go ahead.

@oconnorbeth: the stampede is an important part of calgary's economy. People rely on the money made during stampede. We need a morale boost.

@InfiniteWicked: NEVER its a 101 yr old tradition. It's the heart of the city & unlike Alberta spirit to throw in a white flag.

@TriciaKindleman: they made it clear they've been utilizing their own resources to get things going again incld power. Good on them!

@TorontoDonuts: Calgary needs to show strength by continuing with this tradition. Cover the stampede with donation boxes for relief assistance.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

Feeling The Heat, buddy cop flick passes the Bechdel Test

Girl power. Latest Sandra Bullock flick puts a new twist on an old formula and places itself in a rare category where female characters dominate



IN FOCUS
Richard Crouse
scene@metronews.ca

The Bechdel gender bias Test was created in the mid-'80s by cartoonist Alison Bechdel.

It's a simple analysis that gives movies a pass or fail based on three simple criteria: 1) It has to have at least two women in it, 2) who talk to each other, 3) about something besides a man.

This weekend *The Heat* will submit itself up to the Bechdel Test and has a good chance of getting the seal of approval. Starring Sandra Bullock and Melissa McCarthy as an uptight FBI agent paired with a loose cannon Boston cop to hunt down a drug lord, the movie is a rarity — a female buddy cop movie.

Not all of the movies on Bechdel's list are winners — *Bonnie & Clyde* vs. *Dracula*, anyone? — but the test isn't an indicator of quality, just gender bias.

For example, the buddy picture *Beaches*, starring Bette Midler and Barbara Hershey as lifelong friends has the Bechdel seal of approval but is hopelessly melodramatic.



Sandra Bullock and Melissa McCarthy star in *The Heat* — a rare female buddy cop movie. HANDOUT

One more

Finally, *Whip It*, first time director Drew Barrymore's movie about female roller derby, also gets a passing grade on Bechdel's test. Here is why:

- **Last one.** Ellen Page plays an unhappy teenager from small town Texas who

stumbles across a flyer for a female Roller Derby league and sees a way out of her mundane life. Turns out she has a natural derby demon ability and soon learns that just because she's found a new family at the roller rink, she can't throw her old family away.

The story of the bond between singer C.C. and wealthy lawyer Hillary is a weepie (the *Wind Beneath*

Your Wings moment is a five Kleenex scene) that audiences responded to because of the tender relationship between the two women.

Woody Allen's most successful movies have frequently had women's names in their titles and while Vicky Christina Barcelona isn't a classic like *Hannah* and *Her Sisters* and *Annie Hall* it's really good and earned a thumbs up from Bechdel.

The movie begins with two girlfriends, Vicky (Rebecca Hall) and Cristina

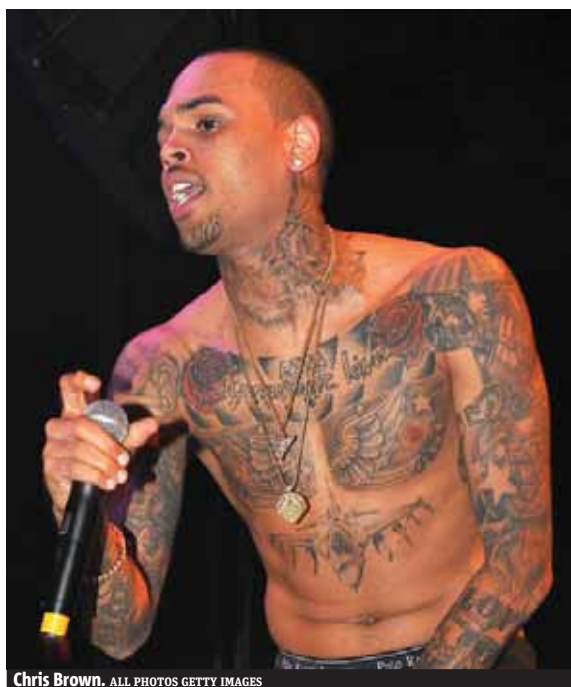
(Scarlett Johansson), on summer vacation in Spain.

They're best of friends but have very different outlooks on life. Vicky is a straight-laced New Yorker, Cristina is a sexually audacious free spirit still trying to find herself.

The young Americans meet an intriguing painter (Javier Bardem) who woos them both as he tries to deal with his residual feelings for his passionate but slightly loopy ex-wife (Penelope Cruz).

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Chris Brown. ALL PHOTOS GETTY IMAGES

Good grief Chris Brown, you blockhead

Chris Brown is being accused of assaulting a woman at a San Diego nightclub last week, according to E! News.

Police received a call from a woman complaining that the singer pushed her during his performance at Heat Ultra Lounge, resulting in injuries.

While the investigation is ongoing, a club employee

is standing up for Brown, saying that he'd heard Brown had "moved someone out of the way" and that "perhaps the incident is being blown out of proportion."

Brown, who is no stranger to legal trouble, is standing up for himself, tweeting simply, "I didn't do anything" — although the tweet was quickly deleted.



Johnny Depp.

Johnny Depp likes playing dress-up

Johnny Depp feels so connected to Captain Jack Sparrow, his iconic Pirates of the Caribbean character, that he actually travels with the costume at all times, he tells E! News.

"Sometimes you go to kid die hospitals and things like

that," he says of his recent travels.

"I'll just sneak in and go and surprise a bunch of kiddies through the different wards. It basically turns into a two-, three-hour improvisation and it's really fun. So I travel with Captain Jack."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Who needs love when you have a few million in the bank?

THE
WORD
Pat Healy
scene@metronews.ca

Holly Madison! You in danger, girl!

It looks like the reality TV star is going through with her engagement with party promoter (and father to her infant daughter, Rainbow), Pasquale Rotella.

She showed off her giant new engagement ring, which was designed by Rotella, on her blog and to People magazine. The 18-carat yellow diamond ring is surrounded by pink and yellow flowers made from diamonds. And, oh yeah — owls.

"Because we love owls, there is a hidden owl engraved on the rose gold in between two of

the flowers," she says. "The band is art nouveau-inspired, to go with the flowers."

Holly Madison's ginormous, owl-themed ring is hopefully big enough that she will overlook the fact she's marrying a man who could go to prison in the next year. Rotella is facing more than 13 years in prison on bribery, embezzlement, conspiracy and conflict of interest charges, per reports.

The L.A. County District Attorney says that Rotella, who owns an event firm called Insomniac events, used more than \$2.5 million in funds from the Los Angeles Memorial Coliseum to pay off city officials. Rotella would use the coliseum to host raves.

Rotella is currently out on a \$1.8 million bail and is due back in court on July 29. So basically, Madison, who was previously engaged to the 80-something Hugh Hefner, likes to choose mates who she thinks she won't have to be with for very long.



Channing Tatum.

Tatum made more than a movie last year

The upcoming White House Down holds a special place in Channing Tatum's heart.

"Jenna (Dewan-Tatum) and I weren't pregnant then, but we conceived on that movie," the new dad tells E! News.

Of course, having a newborn and being a working actor can sometimes cause

some conflict.

"I'm away from her for 12 to 13 hours and I feel like I come home and I feel like she's changed," says Tatum, who is currently living and working in London. "Like her face looks different. You feel like every minute that you miss is horrible."



Amy Winehouse.

Maybe Winehouse didn't need to go to rehab after all

It's been nearly two years since Amy Winehouse's death, and her brother, Alex, thinks everyone has it all wrong.

Alex says it was the tragic singer's bulimia that killed her, not drugs and alcohol.

"She suffered from

bulimia very badly. That's not, like, a revelation. You knew just by looking at her," Alex tells the Guardian. "She would have died eventually, the way she was going, but what really killed her was the bulimia. Absolutely terrible."

Twitter



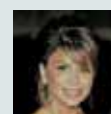
@mindykalng

Cookies, cupcakes, Italian ice, sushi, steak, fries, creamed spinach, onion rings, s'mores, on my birthday we ate like I'm a Roman Emperor



@chriscolfer

Who is in charge of the minion blimp flying over LA and how can I get invited for a ride???



@PaulaAbdul

What projects are you working on this summer? Gardening? Remodeling? Organizing? Are you enjoying it with a friend?

CAREER COLLEGES HANDS-ON

TRAINING TAILORED TO INDUSTRY NEEDS

For people who are considering attending a career college, there are a number of reasons why they might be interested in going down that route.

One reason is the curriculum. At career colleges, the focus is on providing applied education, rather than a theoretical foundation. "You won't see a career college providing courses that are abstract and theoretical," says Serge Buy, the chief executive officer of the National Association of Career Colleges (NACC).

In Nova Scotia, private colleges and their curriculum have to be approved annually by the province's Department of Labour and Advanced Education (DLAE). As well, the curriculum has to be independently endorsed by

industry. With the curriculum being tailored to meet the needs of today's employers, graduates are equipped with the skills they will need to succeed in their careers.

Statistics from NACC say that 82 per cent of career college graduates find positions in their field of study, with 25 per cent having been hired before graduation.

Another benefit of career colleges is that enrolment tends to take place multiple times throughout the year, so prospective students are able to begin their studies sooner. As well, because programs are condensed and run without large breaks, students complete their studies faster.

On its website, DLAE says there are 45 career colleges in Nova Scotia providing training in fields such as massage therapy, truck driving, information technology, multimedia and business education.



DENYS KUVAIYEV/VEER

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The demand for trained workers in the mental health field in Nova Scotia is still on the rise.

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This program offers all the theory and practical skills (in class and through on-the-job training) needed to be an effective support worker to work with clients dealing with mental health, intellectual and physical disabilities.

"It takes a special type of person to dedicate themselves to supporting others, to help others improve the quality of their lives," says Brian Evans, human services instructor,

MBC. "The challenge is in finding the right people for the jobs."

Students of this program will acquire the knowledge and skills to work with clients with autism, clients with intellectual disabilities and physical disabilities.

They will also learn about common mental health issues and develop the skills to support clients living with mental illness.

"Although there is still some stigma associated with mental health, people have begun to speak more openly about the challenges many people face on a daily basis," says Evans.

"The realization of how many people are affected has led to a demand for more support staff trained to support clients with a wide range of challenges."

For more information about this program, visit maritimebusinesscollege.ca.

This program is pending approval from the Department of Labour and Advanced Education.

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CENTRE FOR HEALTH STUDIES

ARMED WITH TOP COP TRAINING

Success College has added some new tools to help with the fight on crime.

Arming up with the best in police training equipment, the Correction Worker and Policing Foundations Program are excited to add the PARE (Physical Abilities Requirement Evaluation) and FATS (FireArms Training Simulator) equipment to their training.

"By adding this, our students will be given three extra certifications," says Jim Harvey, policing instructor at Success College and former RCMP officer. "With most sheriff departments revamping their requirements, this training is going to be a must."



SUBMITTED

PARE is a physical test of endurance, training students to meet the requirement of completing the evaluation in under 4.10 seconds. For the FATS, Harvey says students will get the feel of firing a standard issue police sidearm.

These new tools are not only new to Success College, but also rare within the province, according to Harvey.

"None of the universities are offering this training," says Harvey.

Throughout this program, students will split their time between Policing Foundations and Corrections.

Aside from the 12 months of in-school training, this program also pro-

vides students with on the job training, connecting them with professionals in the field.

"If students are going into this type of work, this program will give them a leg up," says Harvey.

For more information about this program or other programs offered at Success College, visit successcollege.ca.



ISTOCK

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"It changes your life as well as those who you are caring for by making a positive difference every single day," says Marlene Fairhurst-Vaughan, department head CCA Program, Centre for Health Studies. The Continuing Care Assistant Program through the Centre for Health Studies in Halifax,

offers students an opportunity to learn how to care for and support the most vulnerable populations within the health care sector.

"This program has them entering health care at a time when the need for well trained, caring, compassionate care providers is crucial," says Fairhurst-Vaughan.

This program is about nine-months in length, including a practicum, and is divided into three semesters. The next program intakes are July and October 2013, with intakes every three months. For more information, visit techealthstudies.net.



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A celebration of child care

RICHARD
WOODBURY
For Metro

June Jubilee. Events, open houses, fun days showcase the work of child care providers

This year marks the 20th anniversary of Child Care Awareness Days (CCAD), a month-long celebration which recognizes and celebrates child care in Nova Scotia.

"It's to celebrate the value of child care work and the people who deliver it," says Elaine Ferguson, the execu-

tive director of Child Care Connection Nova Scotia (CCCNS), the non-profit organization which is responsible for putting on CCAD.

She says it's an opportunity for child care providers to bring the community into their facilities to showcase what they do. This is achieved through things such as open houses and fun days.

Child care providers also showcase their work in the community through events such as fairs, parades and flag raisings. (A flag raising occurred at Province House on Friday, June 14.)

While for the month of June, the focus is on the exceptional professionals who provide child care, for 365 days of the year, the focus is on providing top-notch child care.

Ferguson sums up the



Child Care Awareness Days was officially proclaimed at Province House on Friday, June 14. SUBMITTED



Sandy Greenberg from Razzmatazz was on hand to provide entertainment at the proclamation of Child Care Awareness Days. SUBMITTED

Child Care Connection Nova Scotia

will be closing its doors December 2013. We leave the sector in the capable hands of the skilled, vibrant and committed early childhood community and their organizations who have worked with us in achieving our goals since 1988. Child Care Awareness Days recognizes and celebrates these folks.

This is the 20th Child Care Awareness Days Celebration! Join us in thanking all these wonderful colleagues, friends and supporters for the work they have done and continue to do for NS children and families!

423-8199
info@cccns.org

CCCNS Goals:

"Investments in children are maximized through recognizing, valuing and supporting the development of an effective, quality early childhood community in Nova Scotia.

- ◆ There will be a comprehensive, coordinated early childhood community that maximizes resources.
- ◆ Early childhood practitioners in Nova Scotia will be self confident, skilled and professional
- ◆ There will be a favourable public image of early childhood practice.

value of child care in two ways: the present and the future.

She says child care provides stimulating and safe environments which allow children to grow and develop while their parents work.

The future benefits are the long-term positive effects child care helps create in helping nurture citizens who contribute to society in a positive way.

"Our province needs many safe, stimulating places and

people who care for and about children and their families, making our communities strong," says Ferguson.

It is important to recognize most early childhood educators have post-secondary education and an excellent knowledge base from which to establish an ideal learning environment for children.

"The specialized early childhood education knowledge of staff in licensed centres increases the qual-

ity of the program and the outcomes for the children in their care," says Ferguson.

As well, early childhood educators are well versed in the phases of children's development and tailor their programming to suit that.

The original Child Care Awareness Days ran from Aug. 23 to Sept. 10, 1993.

It honoured an Ottawa bureaucrat who biked across Canada in 1992 and 1993 to raise awareness for child care.



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CHILD CARE AWARENESS

21

Honouring for excellence

RICHARD
WOODBURY
For Metro

Kid kudos. Awards gala pays tribute to child care practitioners

The month of June marks Child Care Awareness Days (CCAD). As part of that, an awards gala is held where people and organizations are honoured for their excellence in providing early childhood learning and care.

The winner of this year's award of excellence for program is the Fox Hollow Children's Centre, located in Tantallon.

"There are so many great centres out there, so to be recognized along with our peers is a wonderful thing," says executive director Angie Bryant.

One of the reasons for Fox Hollow's success is how it incorporates nature into the



Justin West was this year's winner of the award of excellence for practice. SUBMITTED

programming, which helps the children develop an appreciation and respect for nature.

One way this is achieved is through an organic vegetable garden which the children maintain. This supports Fox Hollow's belief in healthy

eating. This focus on healthy eating includes providing a wholesome menu and being conscious about the use of additives and preservatives. As well, Fox Hollow purchases local whenever possible.

The winner of this year's award of excellence for prac-

tice is Justin West from the Peter Green Hall Children's Centre. He focuses on incorporating art into the programming and he has an extensive art background, having received a bachelor of fine arts degree from NSCAD University. He's also working on a master's degree in art education.

West loves his job.

"I get to do art everyday here with the kids," he says.

Elaine Ferguson is the executive director of Child Care Connection Nova Scotia (CCCNS), the non-profit organization responsible for putting on CCAD. She says the awards gala is a critical component of CCAD.

"It's important that we recognize each other," says Ferguson. "We need to get together and celebrate individuals who are committed. We need to be comfortable celebrating each other. We need to be proud of celebrating each other. We need to honour each other."

One of the results of the



The children who attend the Fox Hollow Children's Centre maintain a vegetable garden. SUBMITTED

awards gala is that it provides people in the child care profession examples of what other successful practitioners

are doing. As a result, it provides examples for people to aspire to and motivates them to excel at their profession.

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msvu.ca/earlychildhoodworkshops

Is your 'something big' working with children or youth?

Above: Tiana Murphy, 3rd year student in the Bachelor of Arts (Child & Youth Study) program. Visit msvu.ca/tiana to read her full story.

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LIFE

Canada Day

Patriotic places in our great country



ON THE MOVE
Loren Christie
life@metronews.ca

I can't think of a more patriotic way to celebrate Canada's 146th birthday than by visiting one of our national parks and historic sites. Here are a few suggestions on places that have played a key historical role in our country's development.

L'Anse Aux Meadows, near St. Anthony, N.L.

In 1960, Helge and Anne Stine Ingstad found the remains of a camp, which belonged to a small group of Norse sailors. Located at the tip of Newfoundland's Northern Peninsula, 433 kilometres north of Deer Lake, their discovery is still the oldest-known European settlement in the New World. Prepare to have any romantic notions of Vikings dispelled; a visit here will illuminate just how tough life would have been for these intrepid explorers.

Louisbourg, Cape Breton Island, N.S.

Dozens of staff dressed as soldiers, shop keepers and townsfolk add cultural colour to the bricks and mortar of the old fort. In its heyday it was a hub of power for the French in the New World. Eventually, the English squashed their hold on the region by overthrowing Louisbourg and forcefully expelling the peaceful French-speaking settlers, known as the Acadians, from the surrounding territories. As part of the fort's 300th anniversary celebrations in 2013, it will play host to a number of special events.

The Cave & Basin National Historic Site, Banff National Park, Alta.

The site was re-opened in May after extensive renovations aimed at offering visitors a more interactive, high-tech and interpretive experience. It was the first created by, and gave birth to, our national park system.

PARKS CANADA IS CELEBRATING CANADA DAY BY OFFERING FREE ADMISSION TO EVERY NATIONAL PARK, HISTORIC SITE AND MARINE CONSERVATION AREA ACROSS THE COUNTRY.

Welcome to the city that always eats

New York. Recreate some classic movie scenes at these iconic restaurants

BRIA MARRIETTE

Metro World News in New York

Your favourite New York City restaurant may have served as the backdrop for your favourite film. Check out some of these places next time you're in the Big Apple.

Craft Restaurant The Devil Wears Prada (2006)

Andy has dinner at the Tom Colicchio restaurant with her father, who expresses concerns about her career/living situation, and she gets an emergency call from her overbearing boss, Miranda. If you go to sample the star chef's green-market fare, hopefully your boss doesn't interrupt. Getting there: 43 E. 19th St., 212-780-0880

Sardi's The Muppets Take Manhattan (1984)

Sardi's has been a favourite in the city for the past 90 years, so much so that the Italian restaurant managed to snag a central role in The Muppets Take Manhattan. Who could forget the scene where Kermit replaces Liza Minelli's picture with his own green face, much to her chagrin? You can enjoy a piece of childhood nostalgia by visiting Sardi's for classic dishes like steak tartar and cannelloni au gratin. Getting there: 234 W. 44th St., 212-221-8440

Lenny's Pizza Saturday Night Fever (1977)

There's always been a debate as to where you can find the best New York pizza, and it looks like Lenny's Pizza might have a leg up on the competition after gaining national exposure in the classic disco film. The way Tony chows down on two slices as he strolls on 86th Street makes it hard to imagine there's a better tasting pizza in the city. You can still relive your memories from the '70s at Lenny's in Bensonhurst. Getting there: 1969 86th St., Brooklyn, 718-946-1292



Craft Restaurant is where Andy gets a call from her she-devil boss Miranda in The Devil Wears Prada. FLICKR



It's not easy being green — but it's easy to have a drink at Sardi's. FLICKR



Talk stocks over a drink at 21 — an eatery in Wall Street. FLICKR

Pershing Square Cafe Friends With Benefits (2011)

Jaime and Dylan agree to "start over" with their relationship at this East-Side-meets-West-Side eatery, parked right across from Grand Central, which boasts "the busiest and best breakfast

in New York." Getting there: 90 E. 42nd St., 212-286-9600

**Cafe Lalo
You've Got Mail (1998)**
Satisfy your sweet tooth at this Upper West Side coffee shop and dessert bar. The self-

The taste is orgasmic

When Harry Met Sally (1989) Katz's Delicatessen 205 E. Houston St., 212-254-2246

Houston Street Eatery Katz's Deli has been a favourite of native New Yorkers since the early 20th century, but it wasn't until 1989 that the rest of the world caught a glimpse of the revered restaurant for the first time. A classic in every sense of the word, Katz's has a wide selection of traditional diner favourites from burgers to pastrami sandwiches.

proclaimed "most famous café in NYC" was featured as the backdrop for a chance meeting between Tom Hanks and Meg Ryan's characters. Open till the wee hours of the morning, the European decor and quiet ambience make a perfect setting for a first date. Getting there: 201 W. 83rd St., 212-496-6031

21 Club Wall Street (1987)

The 21 Club, where greedy money grubber Gordon Gekko and his apprentice Bud Fox would meet in Wall Street, once functioned as a prohibition-era speakeasy. Visit for true meat-and-potato dishes — before you know it, you'll be discussing some of the finer things in life. Getting there: 21 W. 52nd St., 212-582-7200

That green giant has nothing on this scrumptious Bowl of Green Goodness

NICOLE
MACPHERSON
yumymummyclub.ca

In warmer months, I long for greenery — both in my garden and on my plate. This Bowl of Green Goodness is full of nutrition, and it tastes like warm weather.

Thanks to the cashews and the quinoa, it is a perfectly

balanced, protein-rich vegan meal, but I serve it with chicken sautéed in garlic and olive oil for my family.

It's also a meal that is delicious either hot or cold. I often make extras just so I can have it cold the next day.

Nutritional yeast is flakey, yellow and adds a cheese-like flavour to a dish. It can be found, along with raw cashews, in any health food store.

Ingredients

- 1/3 cup raw cashews
- 1/3 cup hot water
- 1 avocado
- 2 tbsp lemon juice
- 1/4 cup packed fresh basil
- 2 tsp nutritional yeast
- 1/4 tsp onion powder
- 1 clove garlic
- Sea salt and cracked black pepper to taste
- 1 1/2 cup quinoa
- 1 zucchini squash
- 1 large bunch asparagus
- 2 tsp olive oil

1. Soak the cashews in the hot water for 1-2 hours. Process in a food processor until semi-smooth.

2. Add half of the avocado and the lemon juice to the food processor, process until smooth. Add the basil, nutritional yeast, onion powder, garlic, salt, and pepper and process until very smooth.

3. Prepare quinoa according to package directions.

4. Meanwhile, pre-heat oven



This vegan dish is delicious hot or cold. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

to 425 F. Slice the zucchini lengthwise and then into 1/4 inch thick pieces. Remove woody ends from the asparagus and slice into 2-inch pieces.

5. In a large bowl, toss zucchini and asparagus with olive oil. Arrange on a single layer on a rimmed baking sheet; roast in 425 F oven for 10 to 15 minutes.

6. Mix cooked quinoa, veg and dressing. Cube other half of the avocado and arrange it on top of the quinoa. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Drink of the Week

Alto Frizzante

Bubbling with fresh fruit flavours and a sparkling texture, this chic cocktail is light and sophisticated.

- 1.5 oz Belvedere Vodka
- 1/2 oz Limoncello
- 4 oz Prosecco
- Lemon zest for garnish

Shake together the Belvedere vodka and Limoncello.

Top with fizzy Prosecco in champagne flute.

Garnish with lemon zest.

COURTESY OF
BELVEDERE VODKA



Talk back

@TalentEgg:
#QuestionoftheDay:
How do you unwind after an especially long or tough day (at work or school)?

- @SamBoucher24: sweat-pants and a glass of wine! #questionoftheday
- @Recruit_Campus: A long run!!!
- @Shannon4RBC: Dogs always find a way to make the worst days eggcellent :)
- @ShabShah: the best way possible: hot shower, then bed early (Unless it's been a frustrating day too, in that case I go to the gym).
- @megsgreaves: curl up with a cup of tea and my favourite show! #questionoftheday
- @Liam_Duff1: a long run or a visit to the gym, sometimes both depending on crazy the day has been! #QuestionoftheDay



A closer look: When choosing a new hire, employers often search for assurance that what you're presenting on your resumé is credible. Have a few reviewable resources available. ISTOCK

Walking the walk is key in today's work search

What employers are looking for in new hires. Hint: It's more than just a simple piece of paper

MEGHAN
GREAVES
TalentEgg.ca

If you're a member of Gen Y, you know that the job market is competitive.

There are more students, more grads and more highly-educated individuals on the job hunt than ever. This can make it difficult to hatch your career and stand out amongst fellow graduates. Employers are now looking for candidates who have qualities that complement their "piece of paper" (and no you don't need to spend more money to get them).

Here are three things that employers are looking for in a new hire to keep in mind for your job hunt.

Enthusiasm and initiative

Employers are always looking

for candidates who are willing to go the extra mile. During the application and interview process, you can do this by following up on your application or adding in something unique. To an employer, this shows that you actually want the job and are motivated to get it. In addition, enthusiasm and initiative are excellent traits to have in the workplace so, if an employer sees this during the application process, they know that they'll likely be getting the same when you're hired.

Relevant experience

Having previous related experience often makes it or breaks it during the hiring process for an employer.

Related experience can come in many different forms and doesn't always have to be the exact same role you're being hired for, such as a part-time job where you developed skills that will be beneficial for the role you're applying for, volunteer work, or projects you were a part of during school.

You'd be surprised at the number of skills you've de-

Back it up!

References and testimonials

- References and testimonials are great things to include in your application as they support what you're presenting on your resumé.
- Depending on the role you're applying for, you can include brief testimonials as a part of your resumé.
- Another option is including the link to your online professional profile (i.e., LinkedIn) where an employer can read recommendations and references from others.

veloped during school that stand out to an employer.

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IBS: TRIGGER FOODS AND TIPS

COMMON ISSUE CAN BE HELPED

Even though an estimated five million Canadians suffer from it, there's not a great deal of chat about it — Irritable Bowel Syndrome (IBS).

Although the symptoms will vary from person to person, IBS is generally characterized by abdominal pain or discomfort, and altered bowel habit (i.e., chronic or recurrent diarrhea, constipation, or both). No wonder no one talks about it.

If you suspect that you have IBS, there are certain foods that might be best for you to avoid. Of course, it's important to remember that everyone is different, and what affects one person (e.g., lactose) might not be a trigger for someone else.

- Fatty and fried foods (e.g., pizza, fries)
- Dairy products (lactose)



AIA/VEER

- Raw fruit
- Carbonated beverages
- Alcoholic drinks
- Nuts and seeds
- Coffee
- Spicy foods

One of the best ways to manage IBS symptoms is through diet. eHow Health

shares dietary practices you might consider following:

- Increase dietary fibre with foods such as whole-grain breads and cereals, fruits and most vegetables
- Avoid large meals, which cause the bowel to become overly distended and hyperactive.

• Stay away from high-fat foods. Fat is a strong stimulus of the colonic contractions that aggravate the irritability of the bowel.

• Avoid gas-forming foods, such as beans and cruciferous vegetables (cabbage, broccoli, cauliflower, radishes, turnips and brussels sprouts)

• Avoid apple and grape juice if you suffer from a great deal of flatulence; also pass up the chocolate, caffeine, alcohol and sorbitol (an artificial sweetener)

Although diet plays a critical role in battling IBS symptoms, there are other strategies that are also important. According to the Canadian Digestive Health Foundation, exercise can help reduce stress and promote movement of the colon.

If you think you might have IBS, an important first step to feeling better is consulting with your doctor — he or she won't be embarrassed to talk about it.

COLD IN THE SUMMER?

Coughing, sneezing, sniffing, sore throat. Sure, everything might be pointing to seasonal allergies, except this time, it's not the pollen in the air — it's a dastardly summer cold in your system. If you think colds are reserved for winter months, you're wrong.

Not unlike their winter cousins, many summer colds are caused by viruses and often produce unpleasant symptoms such as a sore throat, persistent cough, nasal congestion and sinus pressure, as well as the occasional fever or headache.

What can you do to stave off the sniffles this summer? Try popping some probiotic supplements or eating some probiotic-rich foods.

Mother Nature's truest form of antibiotics, probiotics are friendly bacteria in our gut that we need for good health and vitality — and keeping harmful germs from moving in and making themselves at home in your body. The word probiotic actually means "for life."

GETTING MORE PROBIOTICS INTO YOUR SYSTEM

There are a couple of ways to get more probiotics into your system — manufactured supplements and food. Here are some probiotic-rich foods you might want

to try:

- **Yogurt** — Choose yogurts that have natural ingredients and say "live and active cultures"
- **Kefir** — This dairy product is a unique combination of goat's milk and fermented kefir grains
- **Miso soup** — You'll find this tofu and vegetable broth soup at Japanese restaurants and Asian grocery stores
- **Pickles and sauerkraut** — Look for brine-cured pickles that don't contain vinegar
- **Kimchi** — This traditional Korean dish of fermented seasoned cabbage is packed with probiotics

Last, but not least, if you're serious about boosting your probiotic intake, visit your pharmacy or local health food store where you'll find supplements available in a range of forms, including powder, tablet, liquid, and capsule.

WHAT ARE PREBIOTICS VS. PROBIOTICS?

Prebiotics are non-digestible foods that enter our colons unaltered by the digestive process, serving as an energy and growth source for the beneficial bacteria that live in our large intestine. In other words, prebiotics are food for the probiotics in your intestines.



STOCKSNAPPER/VEER

FRUITS FINE — IN MODERATION

In the summertime, colourful and tasty fresh fruit and vegetables are readily available at grocery stores, roadside stands and farmer markets.

While "fresh is good for our body, ingesting fibre-filled fruit and veggies can lead to digestive woes," says dietary consultant Shirley Plant and author of the dietary guide and cookbook, *Finally ... Food I Can Eat*.

"Increasing your intake of fibre through seasonal fruits and vegetables can result in tummy issues. The spike in fiber can upset the bacteria that live in your gut, resulting in indigestion problems."

TOO MUCH FIBRE?

According to LiveStrong.com, when fibre is consumed, it moves through the body's digestive tract virtually intact. As a result, the fibre acts as a sort of "broom," help-

ing to sweep wastes through the intestines for excretion. Although this would generally be considered beneficial, too much fiber might cause gastrointestinal distress, including excess gas, bloating and diarrhea.

KEEP INDIGESTION AT BAY

"It is important to have a healthy gut flora in the first place and taking probiotics can help," says Plant. "The healthier your gut, the less symptoms you will have. Taking a zinc supplement can also help keep your immune system and gut healthy."

When it comes to eating fruit, moderation is important. Spread your fibre consumption throughout the day to avoid digestive issues.

Keep your diet balanced. Make sure that you include proteins, grains, dairy products and healthy fats and oils as part of your daily diet.



Discover a probiotic supplement that relieves and manages the symptoms of Irritable Bowel Syndrome.

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†Among gastroenterologists who recommended a brand of probiotic in a Source Healthcare Analytics, LLC 2012 survey.

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BREAKFAST WITH A FIBRE BOOST

It's a sure sign of spring when the first bunches of Canadian asparagus appear at the neighbourhood market.

Local produce is the freshest you can buy and is always a healthy, nutritious choice. Adding freshly picked, locally grown asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals and start the day off right.

Fibre is also an essential nutrient and a vital part of healthy eating. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Sufficient fibre helps you maintain a healthy weight as it keeps you feeling full longer without adding extra calories.

This eggs benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh, locally grown produce has everything you want to get you going in the morning.

CENTURY GRAIN ASPARAGUS BENEDICT

Prep Time: 30 minutes



NEWS CANADA

Total Time: 35 minutes
Serves: 6

INGREDIENTS

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears

- 6 eggs
- 1 tbsp (15 mL) White vinegar
- 6 slices Dempster's WholeGrains 100 per cent Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- 12 slices Schneiders Peameal Style

Bacon, cooked as per package directions
• Salt and pepper

DIRECTIONS

Cook hollandaise sauce according to package directions. Keep warm.

Blanch asparagus in boiling water until tender crisp about, about 2-3 minutes. Set aside.

Bring a large pot of water to a boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added to the pot, cook until desired doneness, about 3-4 minutes for medium poached. Remove eggs from pot with a slotted spoon.

Place 2 slices of peameal bacon on each slice of toast, top with a slice of cheese, a layer of blanched asparagus, and a poached egg.

Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

- News Canada

MANAGING A SUMMER DIET

KEEP TRACK OF CALORIES AND ALCOHOL INTAKE

We wait so long for summer and its mild days and brilliant rays that it's no wonder we want to take advantage of every moment.

So we do — on vacation trips, at backyard barbecues, at pool parties, and on the outdoor patios that are synonymous with summer.

Yes, summer is the ultimate social season, which means it's also a time for eating and drinking more than we usually do. After all, who's going to turn down a tasty cold beverage on a sweltering summer day?

If you want to manage your caloric intake and take control over what you're eating, here are some tips that can help.

RESTAURANT EATING

When you go out for lunch or dinner, trade in fried finger foods, nachos and pizza, for healthier choices such salads,

IT HAS HOW MANY CALORIES?

- An average serving of white table wine can add up to about 121 calories.
- A bottle of regular beer contains about 148 calories (light beer is about 100 calories).
- The average pina colada has 644 calories.

veggies and low-fat dip. Most restaurants now offer "healthy" low-fat, higher-fiber menu options. For a more substantial meal, consider adding a protein such as shrimp, chicken or beef to your salad.

BACKYARD BARBECUE

If you're hosting the party, make sure you serve some healthy dishes that include fresh fruit and vegetables. If you're on the guest side of things, offer to bring a dish or two — your hosts will be delighted



YELENA KOVALENKO/VEER

and you'll be able control what you're eating. You can also control the amount of alcohol you consume by bringing your own beverage to the festivities.

ON THE ROAD

When you're enroute to your vacation destination, it's the easiest thing in the

world to grab some fast-food, or stop at a diner. Not great for your waistline or your digestive system. Avoid the grease and the calories, by making your own snacks and lunches home and packing them in a cooler bag. Or, stop by a grocery store and pick up some convenient prepared foods.

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- ✓ **Promotes digestive health****
- ✓ **Boosts daily fibre intake**

*Lowers mildly to moderately elevated cholesterol levels when taken with a low-fat diet

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TIPS FOR A HAPPY, HEALTHY TUMMY

PROTECT YOURSELF DURING SUMMER'S FUN ACTIVITIES

Warmer days and nights make summer the perfect time for family barbecues, road trips, camping and many more enjoyable outdoor activities — most of which include food.

To keep your stomach happy and healthy during the summer months, consider following these tips:

- Always wash your hands with soap and warm water before and after you eat. It's amazing how many germs your hands can pick up during the day and you definitely want to prevent them transferring them to anything you ingest.
- Never “grab a bite” from an unfamiliar roadside stand. You have no way of knowing how fresh items (no best-before dates) are or even if they've been refrigerated properly. You're better off to prepare healthy meals at home, and store them in a tightly sealed cooler.
- Purify the water if you go camping. Unless campground officially tells you that that the water on the property is safe to



YURI ARCURS/VEER

drink, you use one of three purification methods — a filter, chemical tablets, or boiling.

- In summer, drink plenty of water during the day time. Increase your intake of certain fruits that contain high amount of

COMING CLEAN ON HAND WASHING

Only 50 per cent of consumers reported washing their hands for 20 seconds, before and after handling food. Clean hands and surfaces often to reduce the risk of foodborne illness. (Source: Canadian Partnership for Consumer Food Safety Education.)

water including mango, watermelon, and grapes.

- Add probiotics to your diet. Probiotics are healthy bacteria that help improve the digestion and absorption of the food. You can increase probiotics naturally through food such as yogurt or by taking manufactured probiotics (available at natural food stores).
- It almost goes without saying but remember to keep food refrigerated. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them.

When it comes to stomach health in the summer, the best rule of thumb is good old fashion common sense.

RUNNING FOR THE BATHROOM?

EMBARRASSING AND INCONVENIENT, AVOID THE 'RUNS'

Summer is here — the ideal time for being outside and enjoying the sunshine.

It's also a season for switching up our diet with different foods and beverages, which can wreak havoc with our digestive systems, including causing occasional bouts of diarrhea.

Embarrassing, inconvenient and definitely something to be avoided, diarrhea or the “runs” can put a damper of summertime fun and make even the thought of a road trip excruciating.

Diarrhea, from the Greek word, “diarrhoia” meaning “a flowing through,” occurs when something disrupts the routine in your digestive system.

Loose bowel motions or diarrhea hap-

pens when semi-digested food is eliminated from the body too soon for nutrients to be absorbed. Sometimes referred to as intestinal flu, diarrhea is usually caused by a virus in the bowel and generally lasts two or three days.

According to dietary consultant Shirley Plant and author of the dietary guide and cookbook, *Finally... Food I Can Eat*, summertime is ripe for tummy troubles such as diarrhea.

“The healthier your gut, the fewer symptoms you'll have,” says Plant, who offers up these tips for tummy troubles:

- Taking a zinc supplement can help keep your immune system and gut healthy.
- Increasing the amount of water you drink as well when consuming more fresh fruits and vegetables as it will help with digesting the extra fibre.
- For acute attacks of diarrhea, consuming a liquid diet of healthy beef or chicken broth, lemon juice in water with a little sea salt can help replace the electrolytes



NANKA (KUCHERENKO OLENA)/VEER

you've lost.

- If you need something to settle your stomach, try raw ginger tea — a soothing and a natural inflammatory. Simply steep a few pieces peeled raw ginger in boiling water in of for 10 minutes, then add a

little lemon juice and honey for an extra bit of flavour.

For more information on digestive disorders, a great resource is the Canadian Digestive Health Foundation website at cdhf.ca.



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WAVEBREAKMEDIA/MICRRO/VEER

PUT SUMMER SLEEPING ISSUES TO BED

Longer days, higher humidity and hot summer nights can sometimes disrupt our sleep and prevent us from getting those all-important zzzzz's we need to keep us energized.

And, repeated loss of sleep can affect all areas of your life, including your physical, mental, and emotional well-being.

If you are a summertime sleep sufferer, don't despair, there are things you can do to make sure that when the alarm sounds in the morning, you're ready to embrace the day.

BANISH THE HEAT AND HUMIDITY

To fight fitful bouts of sleep, consider buying low-noise bladeless fan or investing in a portable environmentally friendly air conditioner. Air conditioning units offer the dual benefits of cooling and dehumidifying at the same time.

STAY ON SCHEDULE

With more hours of daylight and warmer weather, your summertime activities might be causing you to have a crazy sleep schedule. While you want to get the most of summer, remember to keep your

make sure you go to bed and wake up at the same time each day.

EXPLORE HERBAL REMEDIES

Visit your neighbourhood health food store for advice on herbal remedies or natural supplements such as melatonin, hops, magnesium and calcium.

And don't forget — when taken together, magnesium and calcium become even more effective; the magnesium cancels out any potential heart problems that might arise from taking calcium alone.

THE SPA TREATMENT

A warm bath one or two hours before you turn in may help you relax and feel drowsy. Add some aroma therapy oils such as chamomile, lavender or ylang-ylang to create an even more relaxing bath time. Listen to some soft music to reduce stress and calm your mind.

Some final words of advice for you — if peaceful slumber continues to elude you, it could be a symptom of a more serious medical condition that may require you to contact your doctor.

WAYS THAT SUMMER CAN ROB YOU OF REST

LIGHT, NOISE, HEAT CAN AFFECT SLEEP

If you're thinking of catching up on your beauty sleep this summer, you should be aware of some of the ways that the season could affect your slumber.

From rising temperatures and extended daylight to annoying pollen allergies, summer could have you rethinking your sleeping strategy.

MORE LIGHT

In the summer we like to make the most of the extra hours of daylight we have

summertime. But the extended daylight can come at a cost. Since light naturally encourages your body to be wakeful, you might want to invest in some darker shades or drapes.

SUMMER ALLERGIES

Pollen is the biggest culprit of summer allergies, with grasses and weeds being particularly bad. Allergy symptoms affect sleep dramatically — and lack of sleep can actually make your allergies worse. If problems persist, ask your doctor to refer you to an allergist.

HIGHER TEMPERATURES

When the mercury soars, do you find

yourself tossing and turning in bed? If you do, you're not alone. Heat often acts as a stimulant rather than a relaxant. To avoid sleeplessness brought on by heat, determine the night-time temperature that works for you and program the thermostat accordingly.

INCREASED NOISE

On nice summer nights we often want to keep our windows open and let in some nice fresh air. Unfortunately, along with the fresh air comes the noise. Outdoor parties that extend far into the night can keep you awake well into the wee hours. If noise is a problem, earplugs or a white noise machine might help.

QUICK COOL TIP

If nighttime heat is robbing you of sleep, run your wrists under a cold tap. Your wrists and the inside of your arms are areas where your blood stream flows closest to the surface of your body. Running them under cold water for a minute will cool your blood down, making your whole body cooler.

If you're interested in learning more about sleep, including sleep disorders and research, and also where to find sleep medicine clinics in Canada, visit the Canadian Sleep Society at canadiansleep-society.ca.



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Weegar, Murphy OK with being dark horses

NHL draft. The Herd's defencemen are hoping to complete dream season Sunday



ANDREW RANKIN

andrew.rankin@metronews.ca

With the NHL draft quickly approaching, the Halifax Mooseheads' MacKenzie Weegar and Matt Murphy are happy the spotlight is shining bright on their teammate.

The pair are siding with the growing consensus that Nathan MacKinnon will go No. 1 overall on Sunday.

"If he doesn't go first, I'll be very surprised," said Murphy, who helped guide the Mooseheads to their first ever President Cup and Memorial Cup last season.

They also expect another teammate, CHL Player of the Year Jonathan Drouin, will follow closely at No. 2 or No. 3.

But Murphy and Weegar, who are ranked 114th and 164th, respectively, on the final 2013 NHL Central Scouting Bureau Rankings of North American players, are heading to the Newark, N.J., event quietly looking for a piece of the action.

Both defencemen, they bring a different skill set to their position.

Murphy, who is a solid but not big point producer, prides himself on being a steadfast, shutdown defensive defenceman. Weegar, who led the league with a plus-55 during the regular season and was 10th among rookies and defencemen in scoring with 44 points, relishes the opportunity

to showcase his offensive game, whether jumping into the rush or quarterbacking a power play.

They have received varying degrees of interest from numerous NHL teams. Murphy's been on the radar of about 10 franchises, including the Montreal Canadiens and Chicago Blackhawks.

"Hopefully I'll get picked up in the middle round," said Murphy. "I'm going there with no expectations right now."

Regardless, he says, he's determined to keep improving.

"Those teams aren't looking for me to run a power play or be an offensive defenceman, they're looking for a steady D-man and I want to work on my consistency and prove to the scouts that I can be a pro player in the next few years."

Piquing the interest of six or seven NHL teams, including the Philadelphia Flyers and Washington Capitals, Weegar says he's heard rumours that he could go anywhere from the third to seventh round. "I'm excited, but I'm not going to get ahead of myself," he said.

The 19-year-old admits the attention he's garnered coupled with the prospect of being drafted feels extra satisfying given his journey, which includes joining the Mooseheads via the waiver system after being passed over in consecutive Ontario Hockey League drafts.

"I was that kid who was 16 years old and playing junior B and wasn't supposed to go anywhere."

Quoted

"I don't care where I go as long as I get drafted."

MacKenzie Weegar



Mooseheads defenceman MacKenzie Weegar is going to Sunday's NHL draft hoping to get drafted, but has no expectations. METRO FILE

NHL. Core values could keep cups coming to Chicago



Jonathan Toews celebrates with the Stanley Cup. THE ASSOCIATED PRESS

When Rocky Wirtz took over the Chicago Blackhawks six years ago, they were among the worst teams in the NHL.

Fast-forward to Tuesday, when the owner mingled with fans and friends hours after the Blackhawks flew home with the Stanley Cup for the second time in four seasons. It's been quite the turnaround, and the 60-year-old Wirtz thinks there is more to come.

"I think we're going to see

a lot of good years ahead of us," he said.

It sure looks that way.

Unlike in 2010, when the title-winning team underwent changes because of salary-cap issues, the Blackhawks will be able to bring back many of their top players next season.

Forwards Jonathan Toews, Patrick Kane, Marian Hossa and Patrick Sharp, and defencemen Duncan Keith and Brent Seabrook are all under

contract for at least two more seasons. Brandon Saad, one of the finalists for the Calder Trophy, is years away from free agency.

"I think there's something about our core," said Kane, who won the Conn Smythe Trophy as MVP of the playoffs.

"Hopefully we can stay together a long time, because that's two cups in four years, and we seem to only be getting better and better as play-

Free agents in Chicago

Forwards Bryan Bickell, Michal Handzus, Viktor Stalberg and Jamal Mayers, defenceman Michal Rozsival and goalie Ray Emery are eligible for unrestricted free agency.

ers as time goes on here." THE ASSOCIATED PRESS

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Jays right fielder Jose Bautista gets forced out on shortstop Yunel Escobar's double-play attempt on Tuesday night in St. Petersburg, Fla. J. MERIC/GETTY IMAGES

Rays have Moore than enough to flatten Blue Jays

MLB. Tampa Bay pitcher out duels Buehrle as Toronto's struggles persist in St. Petersburg, Fla.

On Tuesday

5

Rays

1

Blue Jays

Matt Moore overcame control problems to allow one run over six innings and the Tampa Bay Rays beat the Toronto Blue Jays 5-1 on Tuesday night.

Moore (10-3) tied career highs with six walks and 11 strikeouts en route to his 10th win this season and second straight after a three-game skid. The left-hander gave up four hits.

Tampa Bay rookie Wil Myers had an RBI single during a three-run fourth.

Considered one of baseball's top prospects, the outfielder has eight RBIs in nine games since being called up June 18 from triple-A Durham.

Mark Buehrle (4-5) gave up four runs, eight hits and four walks in five innings for the Blue Jays, who have lost two in a row since arriving at Tropicana Field after tying a franchise record with 11 consecutive wins.

Toronto, by dropping the first two games of the three-

game set, has not won a series at Tampa Bay since April 2007, a stretch of 19 series.

The Blue Jays loaded the bases with one out in the third, but failed to score when Moore struck out Rajai Davis and Colby Rasmus. Toronto entered hitting .194 this season with the bases loaded.

Rays relievers Jake McGee, Kyle Farnsworth and Jamey Wright completed the six-hitter.

Tampa Bay went ahead 4-1 in the fourth on consecutive sacrifice flies by Sean Rodriguez and Ben Zobrist, and an RBI single from Myers, who was part of a multi-player off-season deal that sent pitchers James Shields and Wade Davis to Kansas City.

THE ASSOCIATED PRESS

NHL

Tortorella lands with Canucks

The Vancouver Canucks found their replacement for Alain Vigneault on Tuesday, naming John Tortorella the 17th head coach in the NHL club's history.

Tortorella was let go by the New York Rangers a few weeks ago and Vigneault recently replaced him in the Big Apple. Tortorella, who has 24 years of coaching experience, won a Stanley Cup with the Tampa Bay Lightning in 2004. THE CANADIAN PRESS

NHL

Flames won't give up on Kipper

The Calgary Flames say they are not ready to give up on goaltender Miikka Kiprusoff just yet.

Kiprusoff has reportedly told the Finnish national team that he has retired, according to media reports that surfaced in Finland on Tuesday. But Flames general manager Jay Feaster said in a statement that the team is still trying to persuade Kiprusoff to come back for another NHL season. THE CANADIAN PRESS

Wimbledon. Raonic finds his footing on grass with straight-sets victory

Milos Raonic capped an impressive start by Canadian players at Wimbledon with a straight-sets victory over Argentina's Carlos Berlocq on Tuesday at the All-England Club.

Raonic, the No. 17 seed from Thornhill, Ont., needed less than two hours to complete the 6-4, 6-3, 6-3 win to become the fourth Canadian to reach the second round at the Grand Slam event this week.

It has been 25 years since four Canadians won first-round singles matches at the same major. Sebastian Lareau, Daniel Nestor, Sonya Jeyaseelan and Jana Nejedly last accomplished the feat at the Australian Open in 1988.

Raonic, who has struggled off late to get his grass-court game in form, said he was happy with the way he played Tuesday.

"My game feels a lot better than last week," Raonic said. "We worked on a lot of things. Also, this is a grand slam and you bite down harder."

The 22-year-old had 19 aces and just 18 unforced errors in the match.

"I kept the pressure on (Berlocq) the whole time," Raonic



Milos Raonic defeated Carlos Berlocq in straight sets on Tuesday to advance to the second round at Wimbledon. THE ASSOCIATED PRESS

said. "I'm feeling much more comfortable on grass. I've had moments in the past when I doubted myself, but I'm playing with more peace and confidence."

Raonic's next opponent will be Igor Sijsling of the Netherlands, who beat American Alex Kuznetsov 6-3, 6-4, 6-4.

Ottawa's Jesse Levine also won his opening match Tuesday, a day after Vancouver's Vasek Pospisil and Montreal's Eugenie Bouchard posted victories. THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

Boston	45	33	.577	—
New York	42	34	.552	2
Baltimore	42	35	.545	2½
Tampa Bay	41	37	.526	4
Toronto	38	38	.500	6

CENTRAL DIVISION

Detroit	42	32	.568	—
Cleveland	39	36	.520	3½
Kansas City	35	38	.479	6½
Minnesota	34	38	.472	7
Chicago	31	42	.425	10½

WEST DIVISION

Texas	44	33	.571	—
Oakland	44	34	.564	½
Seattle	34	43	.442	10
Los Angeles	33	43	.434	10½
Houston	29	48	.377	15

Tuesday's results

Baltimore 6 Cleveland 3
N.Y. Yankees 4 Texas 3
Tampa Bay 5 Toronto 1
L.A. Angels at Detroit
Colorado at Boston
N.Y. Mets at Chicago White Sox
St. Louis at Houston
Atlanta at Kansas City
Cincinnati at Oakland
Pittsburgh at Seattle

Monday's results

Cleveland 5 Baltimore 2
Tampa Bay 4 Toronto 1
Wednesday's games — All Times Eastern
Toronto (Dickey 6-8) at Tampa Bay (Hernandez 4-8), 12:10 p.m.
Cincinnati (Bailey 4-5) at Oakland (Griffin 5-6), 3:35 p.m.
Pittsburgh (Gomez 2-0) at Seattle (Hernandez 8-4), 3:40 p.m.
Colorado (Oswalt 0-1) at Boston (Lackey 4-5), 4:05 p.m.
Cleveland (Kazmir 4-4) at Baltimore (Hammell 7-4), 7:05 p.m.
Texas (Grimm 6-5) at N.Y. Yankees (Pettitte 5-5), 7:05 p.m.
L.A. Angels (Hanson 4-2) at Detroit (Alvarez 1-0), 7:08 p.m.
N.Y. Mets (Marcum 0-9) at Chicago White Sox (Danks 1-4), 8:10 p.m.
St. Louis (Lynn 10-1) at Houston (Bedard 2-3), 8:10 p.m.
Atlanta (Minor 8-3) at Kansas City (Mendoza 2-4), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

Atlanta	44	33	.571	—
Washington	38	38	.500	5½
Philadelphia	36	41	.468	8
New York	30	42	.417	11½
Miami	25	50	.333	18

CENTRAL DIVISION

St. Louis	47	29	.618	—
Pittsburgh	46	30	.605	1
Cincinnati	45	32	.584	2½
Chicago	31	43	.419	15
Milwaukee	31	43	.419	15

WEST DIVISION

Arizona	41	35	.539	—
Colorado	39	38	.506	2½
San Diego	39	38	.506	2½
San Francisco	38	38	.500	3
Los Angeles	33	42	.440	7½

Tuesday's results

Washington 7 Arizona 5
Minnesota at Miami
Chicago Cubs at Milwaukee
Philadelphia at San Diego
San Francisco at L.A. Dodgers

Monday's results

San Diego 4 Philadelphia 3 (10)
L.A. Dodgers 3 San Francisco 1
Wednesday's games — All Times Eastern
Minnesota (Diamond 5-6) at Miami (Koehler 1-5), 12:40 p.m.
Arizona (Miley 4-6) at Washington (Zimmermann 10-3), 7:05 p.m.
Chicago Cubs (Feldman 6-6) at Milwaukee (Gallardo 6-6), 8:10 p.m.
Philadelphia (Hamels 2-11) at San Diego (Ervin 1-0), 10:10 p.m.
San Francisco (Lincecum 4-7) at L.A. Dodgers (Kershaw 5-5), 10:10 p.m.

CFL

REGULAR SEASON

WEEK ONE

Thursday's game — All Times Eastern
Montreal at Winnipeg, 9 p.m.
Friday's games
Hamilton at Toronto, 7 p.m.
B.C. at Calgary, 10 p.m.
Saturday's game
Saskatchewan at Edmonton, 3:30 p.m.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7)

CHICAGO (W1) VS. BOSTON (E4)

(Chicago wins series 4-2)

Monday's result

Chicago 3 Boston 2

RECENT CHAMPIONS

2012-13 — Chicago Blackhawks

2011-12 — Los Angeles Kings

2010-11 — Boston Bruins

2009-10 — Chicago Blackhawks

2008-09 — Pittsburgh Penguins

2007-08 — Detroit Red Wings

CONN SMYTHE TROPHY WINNERS

Stanley Cup Playoff MVP

2013 — Patrick Kane, F, Chicago

2012 — Jonathan Quick, G, Los Angeles

2011 — Tim Thomas, G, Boston

2010 — Jonathan Toews, F, Chicago

2009 — Evgeni Malkin, F, Pittsburgh

2008 — Henrik Zetterberg, D, Detroit

PLAYOFF SCORING LEADERS

	G	A	Pt
Krejci, Bos	9	17	26
Kane, Chi	9	10	19
Horton, Bos	7	12	19
Lucic, Bos	7	12	19
Bickell, Chi	9	8	17
Sharp, Chi	10	6	16
Hossa, Chi	7	9	16
Malkin, Pgh	4	12	16
Letang, Pgh	3	13	16
Bergeron, Bos	9	6	15
Crosby, Pgh	7	8	15
Chara, Bos	3	12	15

SOCCER

MLS

Saturday's games — All Times Eastern

Real Salt Lake at Toronto, 1 p.m.

Dallas at Philadelphia, 5:30 p.m.

Colorado at Montreal, 7 p.m.

Vancouver at D.C., 7 p.m.

Columbus at Kansas City, 8:30 p.m.

New England at Chivas USA, 10:30 p.m.

Los Angeles at San Jose, 10:30 p.m.

Sunday's game

Houston at New York, 2 p.m.



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[illegible]

Presenting the 2014 Acura MDX



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Review. Lighter, stronger, quicker and more fuel efficient, here's how Acura did it

MALCOLM GUNN
wheelbasemedia.com

For years, the term "all new" has been an abused and incorrectly applied phrase in the lexicon of automotive jargon.

However, it's exactly the right term to describe the 2014 Acura MDX. This premium-grade seven-passenger wagon shares nothing with its predecessor and also breaks new ground in content, technology and fuel efficiency. The new MDX conveys a stronger sense of luxury, especially with its "Jewel Eye" headlights that have become the signature styling item for the Acura brand.

Although cargo volume has been slightly reduced, functionality has improved with added length behind the third-row

seat. There's also a flatter load floor when both rear rows are folded. The MDX has supportive front-row buckets and an adjustable second row with 15 centimetres of fore/aft travel.

That creates a decent passageway to the third row that's suitable for a couple of kids, but remains a penalty box for adults. To assist, however, there are illuminated buttons on each side and behind the second-row bench that, when pushed, make the seat slide forward for easier entry and exit.

Button clutter on the redesigned dashboard and control panel is reduced to nine from 41 as the rest are now incorporated into a console-mounted dial plus a touch-screen display for the audio, communications and climate-control systems.

For the driver, a simple display between the speedometer and tachometer shows basic navigation and audio info plus outside temperature, average speed and fuel consumption.

The previous MDX featured a firmed-up ride and sporty (as

Design

Of course the shape and familiar shield-type grille are dead giveaways as to the MDX's origins. But a slightly lower roofline, a 7.5-centimetre stretch between the front and rear wheels and a five-centimetre gain in overall length makes it appear larger than the tape measure suggests.

in high-effort) steering, but customer feedback showed that that's not the priority. The 2014 model goes the other way, now, with a more supple ride and lighter steering. The MDX drives like an upscale wagon should, but is in no way bouncy or sloppy over rough surfaces.

The finished product now rests on an all-new (there's that term again) and more rigid platform, complete with front and rear suspensions specifically designed to improve ride and reduce

Fuel economy

It's also more fuel efficient, with an estimated 11.2 l/100 km city rating and 7.7 on the highway, bettering the previous 13.2/9.6 marks. That's close to 25 per cent better on the highway.

annoying road noises.

Acura claims the more aerodynamic body structure weighs about 55 kilograms less and, combined with other measures, contributes to a total 125-kilogram weight trimming (for comparison, the Audi Q7 is heavier by about 450 kilograms). Those numbers would improve if the U.S.-only front-wheel-drive MDX (a first for the brand) was offered in Canada.

It would also have dropped the base AWD MDX's \$51,900 list price by at least a few thou-

Compare



1 Infiniti JX
Base price: \$47,000



2 Buick Enclave AWD
Base price: \$46,100

Engine

Another area of reduction is the 290-horsepower 3.5-litre V6 that replaces the 300-horsepower 3.7. Smaller, yes, but no one will be the wiser since the 3.5's torque rating is within three pound-feet (267 at 4,500 r.p.m. versus 270 at 5,000 r.p.m.) of the 3.7 and the lighter MDX moves as smoothly as ever.

sand dollars. At the upper end of the scale, the loaded-to-the gills MDX Elite tops \$67,900.

However the improved AWD system is one of the vehicle's key strengths, considering how well it aids bad-weather grip and works with the braking system to help keep the MDX on its intended path in the turns.

No matter how you slice it, the MDX's improved status will score major points with buyers and give the proper meaning to the term "all new."

5
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sells a couple of special fruit baskets that include a scale-model race car. Each one is topped with delicacies including flag-shaped pineapple, cantaloupe, melon, chocolate-dipped apple wedges, oranges, grapes and strawberries dipped in chocolate. That sounds way better than receiving flowers, whether you're a race fan or not. Prices range from \$85 US for the small size, to \$95 for the larger version. Edible Arrangements can ship to the United States and Canada as well as many other countries. Go to ediblearrangements.com for ordering info.

Chasing Time

For the car nut who has trouble getting out of bed in the morning, this will make the perfect present.



The Clocky, from Nanda Home Products, is an alarm clock on wheels that sits on your night table. If you fail to react within a minute after you hit the snooze button, it will roll off the table and commence to wheel itself around the floor while buzzing away at a really annoying 83 decibels (Clocky does not come with a volume control). It's guaranteed to drive you crazy chasing after Clocky to shut it off, but then that's the point, isn't it. You can purchase this item in a variety of colours for \$45 US directly from the manufacturer at nandahome.com.

Road filter for water

Of all the emergency supplies you can carry in your vehicle when heading for the Great Outdoors, this one could literally save your life. The Life Straw, which is manufactured by Vestergaard-Frandsen and has been on the market since 2005, is a portable water filter that guarantees you safe drinking water wherever you are in the world. Each one has the capacity to filter up to 1,000 litres of water, removing virtually all of the water-borne bacteria (including E-coli and Salmonella) and parasites, leaving nothing but clear, clean H2O. Life Straw's makers also say that



there's no nasty aftertaste, that the filter contains no chemicals and that it works without batteries. You can purchase one for \$20 US from eartheasy.com/lifestraw.

Critical inflation

You can maximize your vehicle's tread life and fuel economy by minimizing under-inflated tires. One



way to accomplish this is with the Ryobi 18-Volt One+ cordless inflator (model no. P731). It features a high-pressure inflation setting (up to 150 pounds per square inch) for tires and a high-volume setting for other inflatable items such as air mattresses, sports equipment and rubber tubes. The Ryobi shuts off automatically once the digital readout indicates that the correct pressure setting has been reached. It also acts as a deflator and will rapidly remove air from your inflatables for easy packing. Purchase the inflator for about \$120 US. For more information head to ryobitools.com and click on specialty tools.

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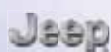


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Exhibit A in search for true Canadian car

Autopilot. Museum in Ottawa aids patrons in their search for a 'Canadian' vehicle but finding a 'pure' one may prove an impossible task



AUTO PILOT
Mike Goetz
drive@metronews.ca

What makes a car Canadian?

A canoe on the roof? A personal oil change by Don Cherry? Seat upholstery trimmed in back bacon?

Thankfully the Science and

Technology Museum in Ottawa addressed the question more seriously, and in actual sheet metal, by its fantastic exhibit, In Search of the Canadian Car.

It was the brainchild of Garth Wilson, a former curator at the museum. Unfortunately he passed away shortly after the exhibit was completed in 2010.

I only saw it for the first time last month. If you haven't been, you should go. About 20 really cool "Canadian" vehicles are displayed in really cool displays under various headings, such as "Designed by Canadians" or "Made by Canadians" or "Marketed to Canadians" or "Chosen by Canadians."

The exhibit takes up the question of what is or what isn't a "Canadian" car, but doesn't answer it. Wilson wanted visitors to make up their own minds, and contribute to the discussion.

Sharon Babaian, the current curator of the museum's land and marine transportation collection, says the exhibit is very popular with patrons, but then, car stuff has always been one of the museum's biggest attractions. "Anytime we've taken the cars off the floor of the museum, we've heard about it," says Babaian.

All vehicles in the exhibit were sourced from the museum's permanent collection. She adds that the exhibit won the very prestigious Dibner Award from the international museum and historical community in 2011, beating out a high-profile history-of-the-computer exhibit in California's Silicon Valley.

The voting committee noted how the Ottawa exhibit asked a significant question, and in a manner, "that interests, teaches and stimulates both the general public and historians."

Of course, it's only possible to have such a discussion because there really isn't a definitive Canadian car out there,

in the way Ferrari says Italy, or Toyota says Japan, or Volvo says Sweden, or Jaguar says England, etc. We have to consider cars that are connected to Canada in various way, be they fully or partially designed, engineered and built by Canadians, or be they Canadian-exclusive models with exclusive-to-Canada marketing ... that kind of thing.

And we've been dealing with "that kind of thing" since day one. As Babaian astutely points out, "our economy and the auto industry is completely integrated with the U.S., and has been almost from the beginning." She notes that even very early Canadian auto production at the turn of the last century utilized many parts and components from U.S. sources. The Auto Pact (enacted in 1965) made the Canada-U.S. industry even more integrated, and then the NAFTA agreement went on from there.

So the concept of a "pure" Canadian car never really happened, especially when you consider vehicles that sold enough to make them household names.

Join in the discussion at canadiancar.technomuses.ca, where you can even vote for the car you think is most Canadian.

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An array of vehicles, new and old, were on show at the exhibit.



Old and the new side by side. BOTH PHOTOS MIKE GOETZ

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Quoted

"We need to ensure that occupants are protected in the passenger compartment."

Alain Bussières, president of PMG

ères, president of PMG. "We need to ensure that occupants will be protected in the passenger compartment."

Vehicle standards between Canada and the U.S. are mostly harmonized, but there are a few regulations that differ, and PMG tests to ensure that the Canadian requirements are met. Transport Canada also does random "spot checks" to ensure the crash safety of high-volume vehicles. They're purchased from dealerships, rather than directly from manufacturers, to make sure they're not specially prepped and are the same as a consumer would get.

PMG does more than just slam vehicles into each other.



A Chevrolet Volt after a rear end crash test at the PMG research centre.

It also tests such things as seatbelts, roof strength, brakes, bumpers and child seats. "If there is a failure, a report will be issued to Transport Canada," Bussières says. In some cases, this could lead to the manufacturer having to issue a recall.

In addition to government testing, PMG is available as a

third-party facility for automobile and component manufacturers.

While many companies have their own test facilities, they may not have some of the higher-tech equipment.

A sophisticated crash-test dummy for measuring side impacts can cost between



A front crash test at the PMG research centre. BOTH PHOTOS JIL MCINTOSH

\$300,000 and \$500,000, with a few as high as \$1 million. This is the type of equipment that only very large automakers or government agencies may have, Bussières says.

PMG also tests more than just crashworthiness. Special chambers can freeze vehicles to -55C or heat to 85C, while

its 25 km of outside test track contains numerous surfaces to check performance, handling and braking.

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Horoscopes

Aries

March 21 - April 20

There is nothing to fear but fear itself and if you keep that thought in mind for the rest of the week, you will do very well indeed. Once you get over your anxieties, try helping loved ones get over theirs.

Taurus

April 21 - May 21

Support someone in their hour of need, even if it means you have to disrupt your schedule and fall behind in what you were doing. A friend in need is a blessing. Show how good your heart is.

Gemini

May 22 - June 21

You may have serious things to do but you must still make the most of your leisure time. The planets warn you will regret it if you work too hard when you don't have to.

Cancer

June 22 - July 23

The more others try to shout you down, the more you must raise your voice. You are entitled to hold a dissenting view, no matter how strange it may seem to traditional types.

Leo

July 24 - Aug. 23

Someone you do not entirely trust will be friendly towards you today and no doubt you will at first be suspicious. It will soon be apparent though that they genuinely want to get along with you better.

Virgo

Aug. 24 - Sept. 23

Try not to make decisions on emotion alone. You are at your best when using your head, so stay in control of your feelings and search for a rational solution to whatever happens.

Libra

Sept. 24 - Oct. 23

You may want to cut corners and take risks but others are not so bold and you will find you have to leave people behind over the next 24 hours. It's not a case of "right" or "wrong", just "different".

Scorpio

Oct. 24 - Nov. 22

What you hear today may not please you but at least you are no longer in the dark. Rivals and enemies can be dealt with once you know who they are. Try not to be too harsh!

Sagittarius

Nov. 23 - Dec. 21

Jupiter, your ruler, moves into the wealth area of your chart today, so your money situation should start to improve over the next few weeks. It will improve faster if you make things happen.

Capricorn

Dec. 22 - Jan. 20

Focus on personal relationships today, even if by doing so you have to neglect other areas such as work and social. One-to-one contacts are under excellent stars, so reach out to someone with love.

Aquarius

Jan. 21 - Feb. 19

Don't waste time moaning that some things have not gone right for you, just pick yourself up, dust yourself off and get on with it. You have what it takes to turn minor setbacks into major triumphs.

Pisces

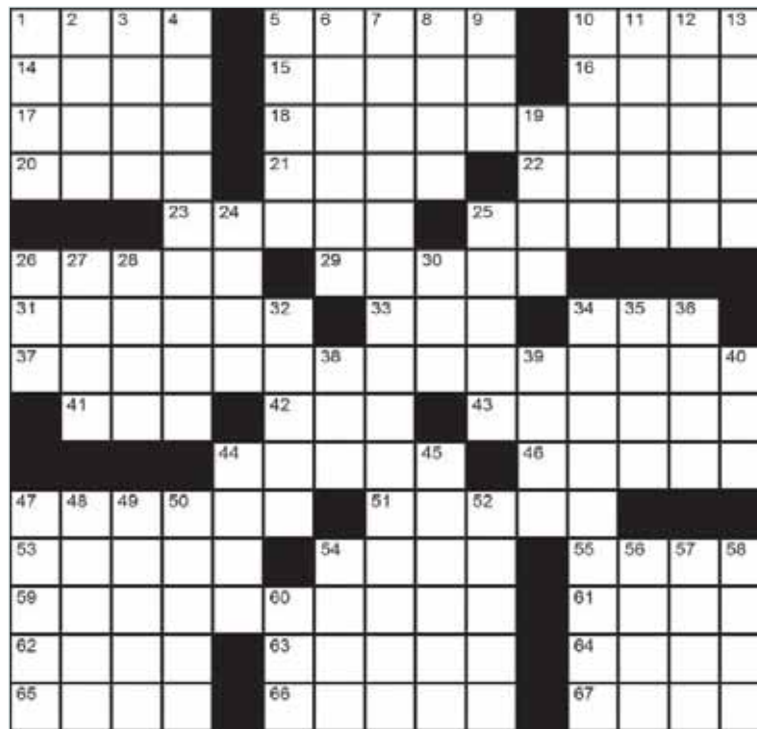
Feb. 20 - March 20

You don't have to do it all on your own. Your life is full of loved ones who will happily help you out in any way they can. If you need assistance today just ask. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Underground shopping network in Toronto
- Chump
- Thailand, once
- Fertilizer component
- "It's been ___ pleasure..."
- Seasoned stew, ___ podrida
- Mr. Penn
- "Canadian Idol" judge: 2 wds.
- Challenging
- Give off
- Tidal bore
- Worth
- Futuristic cards
- Nile River dam
- Low point
- Rigid, as per discipline
- Incurred
- Look
- 1972 to 1983: News-themed Canadian game show: 2 wds.
- Quick rotation meas.
- Cap
- Character on HBO's "True Blood", ___ Stackhouse
- Tartan
- Pass, as law
- Tie-dye wearer
- Portia's "Ally McBeal" character
- Arctic boat
- Vehicle variety
- Surfer's need



- Kim Mitchell's pre-solo-career band: 2 wds.
- Really inspired
- Opposin'
- Ms. Witherspoon
- Not early
- Social pages words
- Brewery kilns
- Prime Minister

William ___ Mackenzie King (b.1874 - d.1950)

Down

- 1994 Moist song
- Domain
- Rupture
- Margaret Atwood novel, The ___ Tale
- Less dangerous

- Fit snugly: 2 wds.
- 60-second TV spot featuring Canadian history: 2 wds.
- Retro milkshake
- Vaudeville star Mr. Olsen (b.1892 - d.1963)
- Up to now: 2 wds.
- Volunteer's you-

- stay-behind words
- Watchful
- Puts a charge card to full use, ___ out
- Orbital period
- Envelope insertion [abbr.]
- Shakespearean tragedy, ___ Andronicus
- Elizabeth Taylor

Yesterday's Crossword

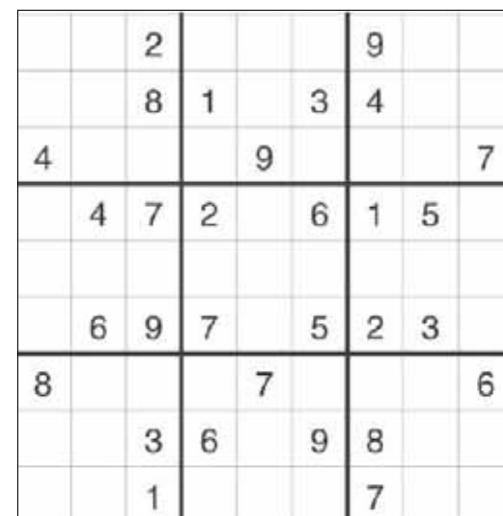


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- movie, "___ Wednesday" (1973)
- 'Trick' suffix
- Shawl, for one
- Play-___
- Novel's name
- Manitoba town founded in 1878
- "___! mouse!"
- Mr. Burdon of The Animals
- 1969: First man on the Moon ...his monogram
- Brit rocker Mr. Gallagher
- Arrange
- Medieval weapon
- Hate
- '80s band, The ___ League
- Reflection
- Woman's short hairstyle, ___ cut
- Chess pieces
- Knowledgeable traditions
- Between ports
- Travelling
- Refuse to permit
- A famous Barbara
- Jake to Maggie, for short

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21°/13°

Thunderstorms

70%

Thursday

21°/13°

Showers

40%

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